

**ROCKFORD UROLOGICAL ASSOCIATES, LTD.
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**LIGHT-SOFT DIET
(Day before surgery)**

Description: This diet is ordered for patients before as well as after surgery.

Adequacy: This diet does not meet the Recommended Dietary Allowances of the National Research Council for any nutrient.

Sample of foods and beverages to choose from:

Limited Milk or Milk Products

<u>Food</u> 1 light sandwich (turkey-ham-chicken)	Rice, Mashed Potatoes
Oatmeal	Scrambled Eggs
Baked Chicken	Banana, peaches, pears

Fruit Juices Apple
Cranberry
Cranapple
Grape
Strained Orange Juice

Beverages Coffee
Tea

Desserts Jello
Fruit Flavored Ices
Popsicles

Soup Broth
Bouillon
Chicken Noodle