

A HEALTHY BALANCE...

A Full Liquid Diet for Optimal Healing

Your health matters to us...both during your procedure and after you leave our office. That's why we're providing these helpful tips for consuming a full liquid diet to enhance healing after a procedure, such as an esophageal dilation. Drinking a liquid diet for a day or so after your visit relieves discomfort and assures a faster recovery.

A Full Liquid Diet Is Good Medicine After a Procedure!

Think of a full liquid diet as a nutritional band-aid after a GI procedure. It's a good way to allow the gastro system to heal. And don't worry, you'll be just fine on a liquid diet for a day or so.

Thanks for making

Jordan & Associates Gastroenterology
your GI partner.

Together, we can make a positive difference
in your health and well-being!



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A TRADITION OF CARE & TRUST

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Enhance Your Healing with a Full Liquid Diet

A full liquid diet after a procedure may help ease discomfort and speed up your recovery.

Type Of Food	Eat	Do NOT Eat
Beverages	Coffee, tea, fruit-flavored drinks, strained lemonade and limeade, fruit punches and water	
Breads, Cereals, Flour	Refined or strained cooked cereal	Breads and cereals in solid form
Cheeses	Cheese soup	All other cheeses
Desserts	Plain gelatin desserts, junket, soft and baked custards, sherbets, plain cornstarch pudding, fresh or frozen yogurt, ice milk and smooth ice cream	All other desserts, especially those with fruits or seeds
Eggs	Pasteurized eggnog	All other eggs
Fats	Butter, margarine, cream, oils	
Fruits/ Fruit Juices	Juices, nectars and thin fruit purees	All other fruits
Meat, Fish, Poultry, Legumes	Small amounts of strained meats in broth or gelatin	All other meats
Milk, Milk Products	Buttermilk and chocolate skim and whole milk, milkshakes and plain yogurt	All other milk products and yogurt with pieces of fruit in it
Potatoes, Rice, Pasta	Potatoes pureed in soup	All other potatoes
Soup	Bouillon, broth, clear, cream and any strained or blended soups	All other soups
Sweets	Honey, jelly and syrups in small amounts	All other sweets
Vegetables	Tomato puree for cream soup, tomato and vegetable juices	All other vegetables
Miscellaneous	Salt	All other spices and herbs