

Table E: SAMPLE SEMI-LIQUID MEAL PATTERN

BREAKFAST (6 Carb choices)

Citrus Juice (1/2 cup: 15g CHO)
Thinned Cooked Cereal (1/2 cup cooked cereal: 19g CHO)
Liquid Supplement or Milkshake (see suggestions) (10 oz milkshake: 32g CHO)
Milk (1 cup: 12g CHO)
Coffee or Tea (unsweetened: 0g CHO)
Cream, Sugar (1 Tbsp sugar: 15g CHO)

LUNCH AND DINNER (6 Carb choices)

Thinned Soup (1 cup chicken broth: 1g CHO)
Thinned or Puréed Meat or Substitute
Thinned Potato or Substitute (3 oz potato: 15g CHO)
Thinned or Puréed Vegetable
Thinned Dessert or Puréed Fruit (1/2 cup fruit: 15g CHO)
Liquid Supplement or Milkshake (milkshake: 32g CHO)
Milk (1 cup: 12g CHO)
Coffee or Tea (unsweetened: 0g CHO)
Cream, Sugar (1 Tbsp sugar: 15g CHO)
Salt and Pepper

SNACK: MID-MORNING, AFTERNOON AND BEDTIME (1 Carb choice)

Milk or Fruit Juice (1 cup milk, 1/2 cup juice: 15g CHO)
Liquid Supplement or Milkshake (see suggestions)

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