



A guide to...

Light diet *Patient Information*

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Light Diet

Suggested Menu Choices

Breakfast

Cornflakes / Rice Krispies / Ready Brek
Smooth / plain yoghurt
White bread and butter / seedless jam / honey
Cooked breakfast – eggs and white bread

Lunch or supper

Fish or chicken – poached or grilled – no skin and bones
Plain Omelette / cheese omelette
White bread sandwich – no salad
White pasta with light tomato sauce / grated cheese

Potatoes, rice, pasta

White rice / pasta
Mashed potatoes / potatoes no skin

Vegetables

Well cooked, soft peeled vegetables (no stringy pieces / stalks / salad)
Mashed carrot and swede

Desserts

Mousse / jelly / ice cream / yoghurt
Custard
Cheese and crackers
Tinned fruit

Drinks

Coffee / tea / juice / milkshakes

Fruits

Banana / tinned fruit