



ZOOM! Food & Drink Recommendations

Please follow these recommendations for food choices the first 24 hours following your Zoom whitening procedure.

MAIN ENTREE SUGGESTIONS:

Turkey, White Tuna (no vinegar), White Fish, Canned Chicken Breast, Chicken Breast without the skin, Cheese Sandwich with White Cheddar or Mozzarella Cheese (no crust), Pasta with White Sauce such as Alfredo Sauce

SIDE DISH SUGGESTIONS:

Plain pasta noodles, White Rice, Mashed or Baked Potato without peel.

BEVERAGE SUGGESTIONS:

Milk, water, clear soda, tonic water

For Alcohol:

Vodka

FRUITS and VEGETABLES:

Apples and Pears (no peels), Cauliflower

SNACKS:

Cottage Cheese, Plain Vanilla Yogurt, White Cheese (White Cheddar or Mozzarella)

CONDIMENTS:

Mayonnaise, Sour Cream, White Gravy

CARBOHYDRATE SUGGESTIONS:

White Bread (no crust), Flour Tortillas (white), Saltine Crackers

BREAKFAST SUGGESTIONS"

Pancakes with white syrup, Egg Whites, Oatmeal, Malt-o-Meal, Cream of Wheat

We hope to keep you smiling,

Drs. Rosen, Kurman & Staff

2137 WELSH ROAD, SUITE 3-C
PHILADELPHIA, PA 19115
215.464.5600