

# Full Liquid Diet

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You may need to follow a full liquid diet after surgery or if you cannot eat solid foods. If you need to follow this diet for more than two weeks, check with your registered dietitian (RD) to be sure you are getting the calories, protein, and other nutrients that your body needs.

If you were previously on a clear liquid diet, you can continue to eat all the foods from that diet. A full liquid diet also includes milk and foods with small amounts of fiber. The chart below lists the foods allowed on a full liquid diet. A one-day sample menu is also included.

## Foods Allowed on a Full Liquid Diet

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<b>Food Category</b>	<b>Foods Allowed</b>
Cereals	Cream of wheat, cream of rice, and other cooked cereals made with refined grains Blended or pureed oatmeal and other blended whole grain cereals
Fruits and vegetables	All juices and nectars Pureed fruits Pureed vegetables diluted in soups Mashed potatoes diluted in cream soup
Milk	All types of milk (whole, low-fat, reduced-fat, or fat-free; use lactose-free products if you are lactose intolerant) Half-and-half (use to boost calories)

*Continues*

## Foods Allowed on a Full Liquid Diet *(continued)*

<b>Food Category</b>	<b>Foods Allowed</b>
Soups	Bouillon Clear beef, chicken, or vegetable broth Strained, pureed vegetable soup Strained, meat-based or cream soups containing pureed vegetables or pureed meat
Desserts	Cornstarch puddings Custard Gelatin, high-protein gelatin* Plain ice cream and sherbet Fruit ices and popsicles
Fats	Butter, margarine, mayonnaise
Beverages	Coffee Tea Carbonated beverages Cocoa Artificially flavored fruit drinks Lemonade Sport and rehydration beverages Medical nutritional supplement drinks Milkshakes made with smooth peanut butter or canned fruit (shakes must be blended smooth) Pasteurized eggnog
Miscellaneous	Honey, sugar, syrup Salt Flavorings (herbs, spices, flavored syrups) Chocolate syrup Cinnamon, nutmeg Brewer's yeast Hard candy

\*Ask your RD for the High-Protein Gelatin recipe.

## Sample One-Day Menu for Full Liquid Diet

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### Breakfast

Apple juice	Gelatin
Cream of wheat with milk	Coffee

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### Midmorning

Applesauce, custard

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### Lunch

Strained cream of potato soup	Pudding
Gelatin	Tea

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### Midafternoon

Ice cream

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### Dinner

Strained cream of vegetable soup	Custard
Pureed peaches	Tea
Fruit ice	

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### Bedtime

Pudding, tea

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