

If you have any questions, please talk with your nurse or physician.

Full Liquid Diet

The full liquid diet includes mostly liquids (including milk) and some foods with small amounts of fiber. The full liquid diet can provide many of the nutrients your body needs, but it may not give enough vitamins, minerals, and fiber. It is easy to digest and leaves little food in the stomach and intestines.

Purpose

You may be put on a full liquid diet if you are having trouble swallowing solid food or only able to tolerate full liquids at this time. You will follow this diet only for a short time. You should not follow this diet longer than directed.

Choose these foods

Food Group	Foods Recommended
Grains	Thin hot cereal, such as cream of wheat
Dairy	Milkshakes Pudding, custard Ice cream, sherbet, sorbet Milk (nonfat, 1%, 2%, whole) Yogurt without nuts, seeds or fruit Soy milk, almond milk, rice milk, coconut milk, cashew milk
Fruits	Clear fruit juices without pulp (apple, cranberry, grape)
Vegetables	Thin, pureed vegetable soups Vegetable and fruit juice with or without pulp
Oils	Almond oil, avocado oil, canola oil, cashew oil, corn oil, grapeseed oil, olive oil, safflower oil, sesame oil, soybean oil, sunflower oil
Other	Gravy Syrup Popsicles Gelatin (Jell-O®) Strained cream soups Chicken, beef or vegetable broths
Beverages	Water, ice Soft drinks, lemonade, limeade Coffee, tea and other hot beverages Nutritional supplements (Ensure®, Boost®)

Full liquid diet sample menu

Breakfast	Lunch	Dinner	Snack
1/2 cup orange juice (without pulp) 1 cup cream of wheat 1 cup milk 1 container yogurt without nuts, seeds or fruit 1 cup coffee	1 cup apple juice 1 cup tomato soup 1/2 cup vanilla pudding 1 cup high-protein chocolate shake 1 cup tea	1 cup grape juice 1 cup milk 1 cup high-protein vanilla shake 1 cup strained, blended cream of broccoli soup 1/2 cup custard	1 cup high-protein chocolate shake