



## Full Liquid Diet

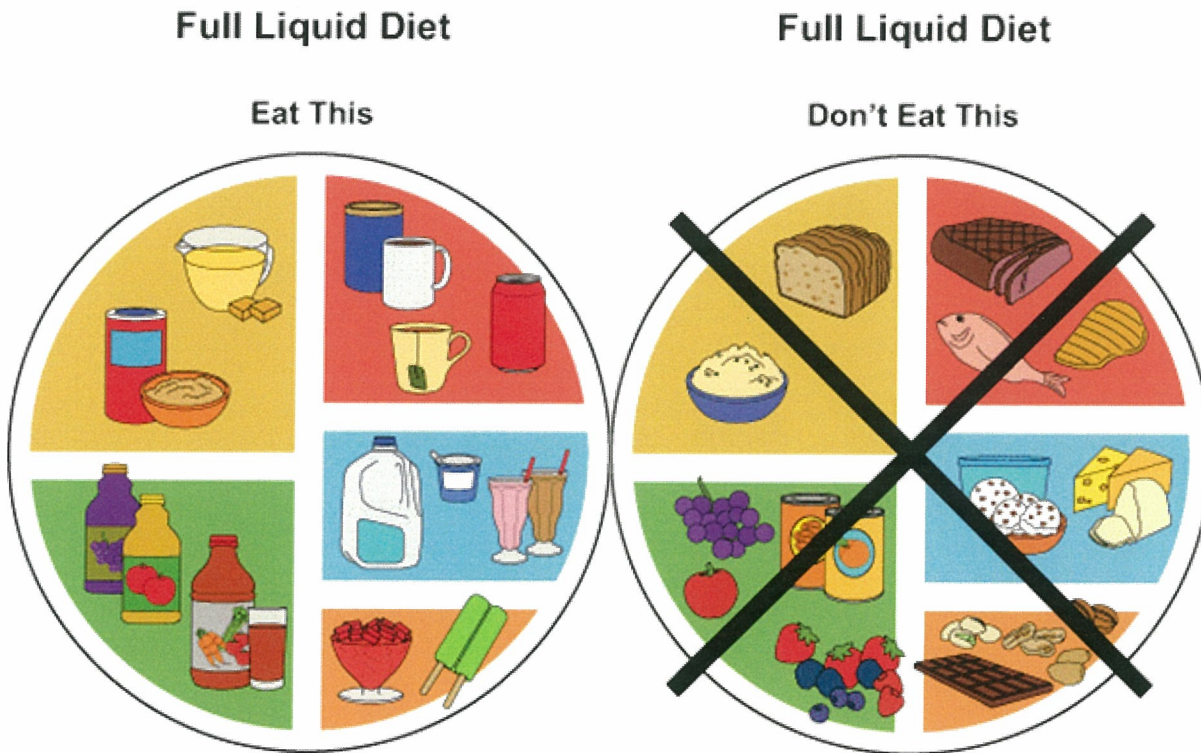
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You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

### About this topic

Foods that are liquids or that become liquids when left at room temperature make up a full liquid diet. Foods you can have are liquids that you can see through. Examples of these are water, broth, tea, and coffee. You can also have foods that are not clear, like strained cream soups, milkshakes, and cooked cereal. This diet is most often used for short periods of time.

### Image(s)



### When is this diet used?

- Before some tests or procedures
- Before some surgeries
- After stomach or GI surgery
- After jaw wiring
- When changing from a clear liquid diet to a normal diet

- If you have trouble swallowing or chewing

### Who should not use this diet?

- People who cannot break down a sugar in milk called lactose
- People who have trouble with thin liquids

**Note:** If you have high blood sugar (diabetes) and are on this diet, your doctor will need to watch you closely.

### What foods are good to eat?

Choose 5 to 7 foods from these groups for breakfast, lunch, and dinner. Choose from these foods also if you have snacks during the day.

Foods to Eat	Foods to Avoid
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Juice with pulp and nectars</li> <li>• Pureed fruits without seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Whole fruits that are fresh, frozen, or canned</li> </ul>
<p><b>Veggies</b></p> <ul style="list-style-type: none"> <li>• Vegetable juice</li> <li>• Pureed veggies like broccoli and carrots</li> <li>• Pureed potatoes added to soup broth or strained cream soup</li> </ul>	<ul style="list-style-type: none"> <li>• Whole vegetables (fresh/raw, and canned)</li> </ul>
<p><b>Bread and cereals</b></p> <ul style="list-style-type: none"> <li>• Cooked cereal like oatmeal, grits, or cream of rice or wheat thinned with milk</li> <li>• Cooked baby cereal</li> </ul>	<ul style="list-style-type: none"> <li>• All others</li> </ul>
<p><b>Meat</b></p> <ul style="list-style-type: none"> <li>• Pureed chicken, turkey, fish, meat added to broth or strained cream soup</li> <li>• Strained baby food meats</li> </ul>	<ul style="list-style-type: none"> <li>• Meat, fish, chicken, or turkey that is not pureed</li> </ul>

Foods to Eat	Foods to Avoid
<p><b>Fats</b></p> <ul style="list-style-type: none"> <li>• Butter, margarine</li> <li>• Oil</li> <li>• Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts or seeds</li> </ul>
<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• Milk, milkshakes</li> <li>• Eggnog</li> <li>• Custard, pudding</li> <li>• Plain ice cream, sherbet, yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Ice cream that has nuts, fruit, chips, or other solids</li> </ul>
<p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Plain jello</li> <li>• Broth, bouillon, or strained soups</li> <li>• Strained cream soups</li> <li>• Ices, popsicles</li> <li>• Sugar, honey, syrups</li> <li>• Jelly</li> <li>• Boost, Ensure, or other liquid supplements</li> <li>• Coffee, tea</li> <li>• Carbonated sodas like ginger ale and cola</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Mashed foods that still have lumps and chunks</li> </ul>

1-Day Sample Menu

Breakfast	Snack
<p><math>\frac{1}{2}</math> cup cooked cereal</p> <p>1 cup milk</p> <p><math>\frac{1}{2}</math> cup fruit juice</p>	<p><math>\frac{1}{2}</math> cup pureed fruit</p>

<b>Breakfast</b>	<b>Snack</b>
Hot tea	
<b>Lunch</b>	<b>Snack</b>
1 cup strained soup 1 cup milk 1 cup yogurt 1 cup fruit juice	1/2 cup pudding
<b>Dinner</b>	<b>Snack</b>
1 cup strained soup 1 cup milk 1 cup fruit juice 1/2 cup ice cream	1 cup milkshake

### When do I need to call the doctor?

- If you are losing weight
- If you have any questions about what you can eat

### Helpful tips

- Avoid all solid foods.
- Choose only foods you can swallow without chewing.
- Strain soups before drinking.
- This diet is low in iron, vitamin B<sub>12</sub>, vitamin A, and thiamine. If you are on this diet for more than a few weeks, you may need a multivitamin. Talk with your doctor.
- Sometimes, you are on this diet for a long time. Talk with your doctor about adding nonfat dry milk or dry breakfast powder to drinks or puddings to give you more calories and protein.

### Where can I learn more?

American Dietetic Association

<http://nutritioncaremanual.org/vault/editor/docs/Full%20Liquid%20Diet.pdf>

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## Last Reviewed Date

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