

FULL LIQUID DIET

A full liquid diet consists of liquids allowed on the clear liquid diet with the addition of milk and small amounts of fiber. The diet may be used for short term such as a transition step between the clear liquid and soft diet following gastrointestinal surgery or procedures. It may also be appropriate for those with certain swallowing and chewing problems. A well planned full liquid diet is adequate in calories, protein and fat but may be inadequate in vitamins (vitamin B12, vitamin A and thiamin), minerals (iron) and fiber.

Foods and liquids allowed on the full liquid diet includes all foods allowed on the clear liquid diet (popsicles, clear juice without pulp, plain gelatin, ice chips, water, sweetened tea or coffee (no creamer), clear broths, carbonated beverages, flavored water and water) along with thin hot cereal (or gruel), strained cream soups, juices (including nectars), milkshakes, custard, puddings and liquid nutritional supplements.

Specific liquids or foods allowed are:

Milk and milk products: Milk (all types including buttermilk, soy, rice, almond, and cow's), milkshakes, pasteurized eggnog, smooth ice cream, frozen yogurt, custard, yogurt without fruit and pudding.

Vegetables: All vegetable and tomato juice.

Fruits: All juice and nectar.

Breads & Grains: Cooked, refined cereals including cream of wheat, grits, cream of rice and thinned oatmeal.

Meat & Meat Substitutes: None.

Fats & Oils: Butter, margarine, cream and oils.

Sweets and Desserts: Sherbet, sugar, sugar substitutes, hard candy, popsicles, gelatin and fruit pieces, honey and syrups.

Beverages: All

Soups: Broth, bouillon, smooth tomato soup and strained cream soups.