

FULL LIQUID DIET

- Full liquid diets are frequently used as a middle step between clear liquids and solid foods.
- This diet meets calorie and protein needs for your body with liquids only.
- It is important to eat a variety of liquid foods.
- If you have lactose intolerance, try lactose treated milk such as Lactaid® or Dairy Ease®
- You may be asked to follow a full liquid diet prior to or after a dilation procedure.

Food group	Suggested Items for Full Liquid Diet
Beverages	Coffee, tea, cream, carbonated beverages Fruit and vegetable juices Milk Milkshakes Nutritional supplements (e.g. Boost® Breeze , Ensure® Clear , etc.)
Soups	Broths, strained Cream soups, strained
Breads and Cereals	Cream of wheat, cream of rice Farina Coco Wheats® Pureed soups (may include pureed meats, pureed bland vegetable and pureed white potatoes)
Desserts	Custard-style yogurt, pudding, custard Plain ice cream, sherbet, sorbet Gelatin Whipped topping
Miscellaneous	Tomato puree Salt, mild flavored seasonings Chocolate flavoring Gravy, margarine Sugar, syrup, jelly, honey