Full Liquid Diet

Full liquid diet information

- The full liquid diet includes the foods allowed on the clear liquid diet with the addition of milk and small amounts of fiber.
- The full liquid diet is adequate in energy, protein, and fat, but maybe inadequate in vitamins, minerals, and fiber.
- Patients may need a full liquid diet for swallowing problems, chewing problems, sore mouth/throat, preparing for or following a surgery/procedure.
- The full liquid diet is intended for short term use as a transition step between the clear liquid and soft diets. Because it is deficient in vitamins and minerals, it is not recommended for long term use.

Food Group:	Foods Recommended:	Foods NOT recommended:
Beverages	• Water, ice, soda, tea, coffee, and nutritional supplements or shakes	• All other
Grains	• Thin hot cereal like Cream of Wheat or Thin Cream of Rice	• Whole grains, pasta, rice, cold cereal, bread, sweets that are flour based like cakes and cookies
Dairy	• Milk, soy milk, almond milk, rice milk, coconut milk, cashew milk • Milkshakes • Yogurt • Custard • Pudding	• Hard cheese • Yogurt with fruit chunks
Fruits and vegetables	• Vegetable juices • Thin, pureed vegetable soups • Translucent juices without pulp	• Whole, frozen, fresh, canned vegetables and fruits
Oils	• Almond, avocado, canola, cashew, corn, grapeseed, olive, safflower, sesame, soybean, and sunflower • Butter • Trans-fat free margarine	• Coconut oil, palm oil, lard
Other	• Flavored gelatin • Strained cream soups • Chicken, beef, or vegetable broths • Popsicles	• Do not eat any Solid Food • Do not eat any solid food in liquids such as soup with pasta, meat or vegetable pieces or yogurt with fruit pieces in it.

Full liquid sample menu

Breakfast
- Orange juice (no pulp)
- Cream of wheat
- Skim milk
- Nonfat yogurt
- Coffee or tea

Lunch
- Apple juice
- Tomato soup
- Chocolate pudding
- High protein chocolate shake
- Tea

Evening Meal
- Grape juice
- Skim milk
- High protein vanilla shake
- Strained, blended cream of broccoli soup
- Custard

Snack
- High protein strawberry shake (no seeds)