

Introduction

Full liquid diets are often used as a step between clear liquids and solid foods. Some patients will need to remain on this diet for a longer period of time. This diet meets your calorie and protein needs using liquids only. A full liquid diet will make you feel full due to the volume of liquids you will be eating. Liquid supplements such as Ensure®, Boost® or similar products can improve the nutritional value of a liquid diet. These can be found at your local pharmacy or grocery store. They taste better when chilled and served over ice or mixed with other liquids. Foods Allowed on a Full Liquid Diet

Source: <https://www.uwhealth.org/healthfacts/nutrition/348.pdf>

Cereals

Cream of wheat, cream of rice, and other cooked cereals made with refined grains Blended or pureed oatmeal and other blended whole grain cereals

Fruits & Vegetables

All juices and nectars Pureed fruits Pureed vegetables diluted in soups Mashed potatoes diluted in cream soup No fruits or vegetables with skins or seeds

Milk

All types of milk (whole, low-fat, reduced-fat, or fat-free; use lactose free products if you are lactose intolerant) Half-and-half (use to boost calories)

Soups

Bouillon Clear beef, chicken, or vegetable broth Strained, pureed vegetable soup Strained, meat-based or cream soups containing pureed vegetables or pureed meat

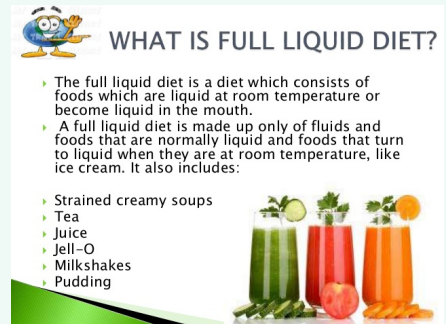
Desserts

Cornstarch puddings Custard Gelatin, high-protein gelatin Plain ice cream and sherbet Fruit ices and popsicles No nuts, seeds, or fruit or vegetable skins

Fats

Butter, margarine, mayonnaise

Full Liquid Diet



Beverages

Coffee Tea Carbonated beverages Cocoa Artificially flavored fruit drinks Lemonade Sport and rehydration beverages Medical nutritional supplement drinks such as Ensure®, Boost® or similar products Milkshakes made with smooth peanut butter or canned fruit (shakes must be blended smooth) Pasteurized eggnog

Miscellaneous

Honey, sugar, syrup Salt Flavorings (herbs, spices, flavored syrups) Chocolate syrup Cinnamon, nutmeg Brewer's yeast Hard candy

Small frequent meals

Small frequent meals help to increase the amount of calories and other nutrients in a full liquid diet. You may need to eat 6-8 times in a day. If you need to increase calories, use butter, sour cream, or other full fat dairy products. Good nutrition is a vital part of getting better but you may have feelings of fullness and discomfort even after taking small amounts of liquids.

It may help to take as many sips as you can every 15-20 minutes throughout the day. Drink small servings of liquid supplements and mix them with ice cream or Carnation Instant Breakfast® to improve the nutritional value of your liquid diet. Consider adding a daily liquid multivitamin if you need to follow this diet for an long period of time

