

Full Liquid Diet

Foods	Allowed	Not Allowed
Beverages	All other beverages	Alcohol
Breads	None	Bread (all kinds)
Cereals	Cooked refined corn, oat, rice and wheat cereals	Cold cereals
Desserts	Custard, flavored gelatin, plain ice cream, sherbet, smooth pudding, fruit ices and flavored ice on a stick	All other desserts
Fat	Butter, margarine and cream	All other fats
Fruit	Fruit juices and fruit beverages (including 1 serving of citrus fruit every day)	All other fruit
Meat or meat substitute	Eggs in egnog or custard	All meat, fish, fowl, cheese, and cooked or raw eggs
Potato or potato substitute	Thinned mashed potatoes or puree in soups	All other potatoes and potato substitutes
Soup	Broth and strained soups	All other soups
Sweets	Honey, sugar, plain hard candy, gumdrops, jelly beans and syrup	All other sweets
Vegetable	Vegetable juices and purees in soups	All other vegetables
Other	Iodized salt, pepper, spices, flavorings and chocolate syrup	All other foods not mentioned under "Allowed"

Suggested Meal Pattern

■ Breakfast:

- fruit juice
- cereal, cream, sugar
- milk
- beverage

■ Midmorning:

- custard

■ Lunch:

- fruit juice
- cream soup, strained
- dessert
- milk
- cream
- sugar
- beverage

■ Midafternoon:

- milkshake

■ Dinner:

- fruit juice
- cream soup, strained
- dessert
- milk
- cream
- sugar
- beverage

■ Late evening:

- eggnog

Whom to Call With Questions

Talk with your dietitian if you have questions about following a full liquid diet.