

Full Liquid Diet

A full liquid diet consists of all liquids that are allowed on a clear liquid diet (juices, broth, tea, water, etc.) with the addition of milk and small amounts of fiber. Patients may need to be on a full liquid diet if they are unable to chew, swallow, or tolerate solid foods. Other patients may be placed on a full liquid diet prior to or following certain surgeries or procedures. Full liquids are often started once you can tolerate clear liquids, prior to starting a regular diet. Prior to starting solid foods, the diet is usually recommended for a few days because it does not provide enough nutrients. Your healthcare team will tell you how long to continue the diet. If you develop diarrhea on a full liquid diet, inform your healthcare team.

The table below lists different items from each food group that you should choose and avoid while on a full liquid diet:

Food Groups	Foods Allowed	Foods to Avoid
Milk & milk products	Milk (all type including buttermilk, soy, almond, soy, and cow's), yogurt without fruit, milkshakes, smooth ice cream, custard, frozen yogurt, pudding, and eggnog (pasteurized only)	All cheeses
Vegetables	All strained vegetable juices	Juices with pulp and all raw or cooked vegetables
Fruits	All strained fruit juices and nectars	Juices with pulp and all fresh, frozen, or canned fruits
Breads & grains	Cooked, refined cereals such as farina, cream of wheat, and cream of rice	All other cereals, oatmeal, all breads, pasta and rice
Meat or meat substitutes	None	All
Fats & oils	Butter, margarine, cream, and oils	cream cheese, nut butter, and peanut butter
Sweets & desserts	Sherbet, sugar and sugar substitutes, hard candy, jello [®] and fruit ice without fruit pieces, honey, and syrups	All others
Beverages	All, including carbonated beverages	None
Soups	Broth, bouillon, tomato soup, and strained creamed soups	All others
Nutrition Supplements	Any drink variety of Ensure [®] , Boost [®] , Glucerna [®] , Boost Glucose Control [®] , Orgain [®] , Pediasure [®] , and Ensure Clear [®] , or any other nutrition supplement drink; protein powders (whey, hemp, pea, etc.) mixed with water, juice or milk; Carnation Breakfast Essentials [®] drink or powder mixed with water or milk	None

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.