



Full Liquid Diet

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Full liquid diet eases the movement of food through the areas of the GI tract that are swollen temporarily after surgery. Eat frequently with small meals, six or more times each day.

GROUP	RECOMMENDATIONS	FOOD TO AVOID
Milk and Milk Products	Milk, milkshakes, eggnog, ice cream, custards, pudding. No seeds or fruits.	All others
Breads and Cereals	Cream of Rice, Cream of Wheat, Grits	All others
Fruits	All juice without pulp	All others
Vegetables	All vegetable juices	All others
Meats	None	All others
Soups	Broth, strained or blended cream soups	All others
Sweets	Sugar, honey, syrup, hard candy, Sherbert, gelatin, fruit ice, popsicle	All others
Fats/Oils	Butter, margarine, cream, non-dairy cream	All others

BREAKFAST	LUNCH AND DINNER	SNACKS
Fruit Juice (1 cup)	Strained creamed soup (3/4 cup)	Morning snack: Milkshake
Hot cereal (1 cup)	Juice (1 cup)	Afternoon snack: Pudding, juice
Eggnog (1 cup)	Ice Cream (1/2 cup)	Evening snack: Nutritional supplement drink
Whole Milk (1 cup)	Pudding or custard (1/2 cup)	
Hot tea with sugar and lemon	Whole Milk (1 cup)	