

Full Liquid Diet – Patient Information

A full liquid diet includes all fluids from the clear liquid diet, plus additional foods that are smooth and easy to swallow. These foods are mostly liquid or melt at room temperature. This diet provides more calories and nutrients than a clear liquid diet and is usually used for short-term needs.

When is a full liquid diet recommended?

- As a step between a clear liquid diet and soft foods—often after gastrointestinal surgery or certain medical procedures
- For individuals who have difficulty chewing or swallowing solid foods
- To help the body gradually return to a regular diet while still giving the digestive system a rest

Nutrition Information

A well-planned full-liquid diet can provide you with sufficient calories, protein, and fat. However, it may be low in Vitamin A, Vitamin B12, thiamin, iron, and fiber. Your healthcare provider may recommend a vitamin or nutritional supplement while you are on this diet.

What Can I Eat on a Full Liquid Diet?

All foods and fluids allowed on the Clear Liquid Diet:

- Popsicles (no fruit or cream)
- Clear juices without pulp (apple, grape, cranberry)
- Plain gelatin
- Ice chips
- Water
- Sweetened tea or coffee (no cream or milk)
- Clear broths (chicken, beef, or vegetable)
- Carbonated beverages (such as ginger ale or lemon-lime soda)
- Flavored water

Additional foods allowed on the Full Liquid Diet:

Milk & Dairy Products

- Milk (all types: cow's, soy, rice, almond, oat, etc.)
- Buttermilk
- Milkshakes (without solid mix-ins)
- Pasteurized eggnog
- Smooth ice cream and frozen yogurt
- Custard and pudding
- Yogurt without fruit or granola

Vegetables

- Strained vegetable juice
- Tomato juice

Fruits

- All fruit juices and nectars (with no pulp)

Grains

- Cooked refined cereals: cream of wheat, cream of rice, thinned oatmeal, and grits

Fats & Oils

- Butter, margarine, cream, and oils

Soups

- Clear broths and bouillon
- Smooth tomato soup
- Strained cream soups (no chunks or solid bits)

Desserts & Sweets

- Sherbet
- Sugar and sugar substitutes
- Hard candy
- Popsicles with or without small fruit pieces
- Plain gelatin
- Honey and syrup

Beverages

- All beverages that are smooth and free of pulp or solids

Foods to Avoid

- Solid foods
- Chunky or unstrained soups
- Foods with seeds, skins, or pulp
- Raw or cooked vegetables that aren't blended or strained
- Meats and meat substitutes (unless blended into smooth soups with approval)

Important! Always follow your doctor or dietitian's instructions on how long to stay on a full liquid diet and when to begin transitioning to soft or solid foods.