

FULL LIQUID DIET

Clear Liquid Diet

- Coffee
- Tea
- Water
- Strained fruit juices
- Carbonated beverages
- Hard candy
- Clear soup, broth, bouillon
- Gelatin

Full Liquid Diet

Clear liquid diet (above) in addition to:

- Pureed fruits and vegetables
- Strained or pureed soups
- Milk
- Strained or pureed meats
- Baby food
- Cream of Wheat
- Strained oatmeal
- Smoothies
- Protein drinks and other liquid nutritional supplements
- Ice cream
- Milkshakes
- Margarine, butter, and mayonnaise
- Pudding

It can be challenging to get enough protein and fiber on a full liquid diet, so people following this diet, especially if they are doing so for longer than a few days, should prioritize nutrient-dense foods.

Some examples of foods with a higher nutritional value include:

- Low sugar protein drinks
- Fruit and vegetable smoothies
- Soft egg-based products, such as eggnog or baby food with eggs
- Pureed meats and beans
- Mashed potatoes with meat-based gravy
- Milk