

Full Liquid Diet

What is a Full Liquid Diet and What is it Used For?

The full liquid diet consists of foods that are liquid, including clear liquids, which do not require chewing. It uses milk-based products liberally. If you may be lactose intolerant, consider lactose-free products or taking a lactase enzyme tablet before having dairy products. Careful selection of the foods and beverages on the full liquid diet can provide sufficient protein and calories. Using fortified supplemental beverages will help increase the vitamin and mineral content. If the full liquid diet is needed for more than 3 days, a liquid multivitamin supplement should be considered.

A full liquid diet is often used as a transition from clear liquids to puree or soft diet, especially after oral, head and neck, or gastrointestinal surgeries. It is generally intended for short term use. Talk with your doctor before advancing (expanding) your diet further.

What Food and Beverages Are Allowed?

- Water
- Cow's Milk (Whole milk or 2% provides more calories per serving than 1% or skim), flavored milk, soy milk, Lactaid milk, almond milk, coconut milk, or rice milk. Cream, light cream, half-n-half, condensed milk, evaporated milk. Milkshakes.
- Fruit or vegetable juice without pulp or seeds
- Pasteurized egg nog (not egg nog made with raw egg)
- Sports drinks
- Soft drinks such as ginger ale (in moderation/as tolerated)
- Coffee, tea, and hot chocolate in moderation.
- Nutritional Supplements such as Carnation Instant Breakfast®, Ensure®, and Boost®. Your dietitian may suggest alternative supplements tailored to your specific needs and preferences.
- Whey protein powder (added to allowed foods and beverages for additional protein)
- Broth and bouillon
- Strained/ blenderized cream soups or broth-based soups.
- Smooth hot cereals such as Cream of Wheat® and Cream of Rice®. If desired, prepare with whole milk for additional calories and protein. Add sugar, margarine, butter, or syrup as desired.
- Plain gelatin, smooth pudding, custard
- Smooth yogurt without pieces of fruit, nuts, seeds, or other chunks.
- Smooth ice cream or frozen yogurt without pieces of fruit, nuts, seeds, or chunks.
- Sherbet, sorbet, fruit ices, or popsicles without pieces of fruit.
- Margarine, butter, salt, and flavoring additives that dissolve in liquid may be added as tolerated.