

Full Liquid Diet

The full liquid diet includes mostly liquids and some food with small amounts of fiber. The full liquid diet can provide many of the nutrients your body needs, but it may not give enough vitamins, minerals, and fiber.

A fluid is anything that is liquid if left at room temperature. Some examples are:

- Coffee, tea, and other hot drinks
- Gelatin
- Gravy
- Ice cream, sherbet, sorbet
- Ice cubes, ice chips
- Milk, liquid creamer
- Nutritional supplements
- Popsicles
- Vegetable and fruit juices
- Yogurt (without nuts, seeds, or fruit)
- Soft drinks, lemonade, limeade
- Soups (strained or smooth puree)
- Syrup

This diet should only be used briefly as you recover until it is safe for you to eat regular foods. Your dietitian can help you create a balanced full liquid meal plan to give you the nutrients you need, if needed.

Tips

- Figure out which foods/fluids from the list most appeal to you.
- Eat or drink your favorite flavors to help you enjoy this diet.
- Include milk-based or dairy-type fluids and juices. If you are lactose intolerant, choose nut and seed milks.
- Eat 3 full liquid meals throughout the day and include a snack between each meal.
- Drink nutritional shakes in 6-8-ounce servings as part of a meal or between meals to make sure you are taking in enough calories. You can make fortified shakes for yourself or buy them premade at a store.

Food Group	Foods Recommended
Grains	Thin hot cereal, such as cream of wheat
Dairy	Milk: nonfat, 1%, 2%, whole Soy milk, almond milk, rice milk, coconut milk, cashew milk Milkshakes Yogurt Custard Pudding
Vegetables	Vegetable juice with or without pulp Thin, pureed vegetable soups
Fruits	Fruit juices without pulp (apple, cranberry, grape, orange)
Oils	Almond, avocado canola, cashew, corn, grapeseed, olive, safflower, sesame, soybean, sunflower Butter (melted) Margarine (melted) that does not contain trans fat (read the product label)
Other	Flavored gelatin (any flavor) Strained cream soups, or smooth pureed soups Chicken, beef, or vegetable broths Popsicle
Drinks	Soda Tea Coffee Nutritional supplements or shakes

Food Group	Foods Not Recommended
Grains	All grain foods, whole grains, processed grains such as pasta, rice, cold cereals, bread, snacks, and sweets that are flour-based (cakes, cookies)
Protein Foods	Beef and pork (all cuts) Chicken and turkey (all cuts) Fish (all types) Nuts and nut butter (all types) Eggs (all types) All meat substitutes (such as soy and tofu) All cold cuts or lunch meats (such as salami, ham) Sausage (all types)
Dairy	Hard cheese Yogurt with fruit chunks
Vegetables	Whole, frozen, fresh, canned varieties
Fruits	Whole, frozen, fresh, canned varieties
Oils	Coconut oil Palm oil Lard

Sample 1-Day Menu for a Full Liquid Diet

Meal	Menu
Breakfast	½ cup orange juice (without pulp) 1 cup cream of wheat 1 cup milk 6-8 ounces yogurt (without nuts, seeds, or fruit) Coffee or tea
Lunch	1 cup apple juice 1 cup tomato soup ½ cup chocolate pudding 1 cup high-protein* vanilla shake
Dinner	½ cup grape juice 1 cup milk 1 cup high-protein* chocolate shake 1 cup strained, blended cream of broccoli soup ½ cup custard
Snack(s)	1 cup high-protein* shake or nutritional supplement

*A high-protein shake should contain at least 8-10 grams of protein per serving. Read product labels to find a shake that is high in protein. If you are making the shake at home, you can increase the amount of protein by adding protein powder, non-fat dry milk powder, yogurt, or milk.

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#348.