



powered by



## Full-Liquid Diet

This diet may be prescribed by your doctor for various gastrointestinal disorders, but usually not on a long-term basis. If you have any questions about what you can or cannot eat, please speak with your doctor or nurse practitioner.

**Below is a list of foods, in alphabetical order, considered appropriate for a full liquid diet.**

- All fruit juices and nectars
- Broth, bouillon
- Butter, cream, oil, margarine
- Carbonated beverages
- Cheese soup
- Coffee, tea
- Fresh or frozen plain yogurt
- Fruit drinks
- Fruit punch
- Honey, jelly, syrup
- Ice milk
- Liquid meal replacements
- Milk, all types
- Milkshakes
- Pasteurized eggnog
- Plain cornstarch pudding
- Plain gelatin desserts
- Potatoes pureed in soup
- Refined/strained cooked cereal
- Small amounts of strained meat in broth or gelatin
- Smooth ice cream
- Soft or baked custard
- Strained lemonade or limeade
- Strained or blenderized soup
- Thin fruit purees
- Tomato juice
- Tomato puree for cream soup
- Vegetable juice
- Water