

Full Liquid Diet

A full liquid diet is a short-term diet used as a transition step between clear liquids and solid foods. Foods from the Clear Liquid Diet are allowed. Juice (with pulp), broth, strained cream soup, strained cereal, pudding, and ice cream are also included.

Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

HOT & COLD CEREALS

Grits

BREAKFAST ENTREES

Chicken Broth

Beef Broth

SWEETS

Low Fat Vanilla Yogurt

Red Gelatin

Diet Red Gelatin

Citrus Gelatin

Diet Citrus Gelatin

Fruit Ice

BEVERAGES

Orange Juice

Apple Juice

Cranberry Juice

Grape Juice

Skim Milk

2% Milk

Whole Milk

FF Chocolate Milk

Iced Tea

CONDIMENTS

Margarine

Butter

Lemon Juice

Honey

Sugar

Equal® Sucralose

Salt

Brown Sugar

SOUPS

Pureed Strained Chicken Noodle Soup

Pureed Tomato Basil Soup

Pureed Vegetable Soup

Chicken Broth

Beef Broth

SWEETS

Vanilla Pudding

Chocolate Pudding

Red Gelatin

Diet Red Gelatin

Citrus Gelatin

Diet Citrus Gelatin

Vanilla Ice Cream

Chocolate Ice Cream

Orange Sherbet

Fruit Ice

BEVERAGES

Skim Milk

2% Milk

Whole Milk

FF Chocolate Milk

Iced Tea

Orange Juice

Apple Juice

Cranberry Juice

Grape Juice

CONDIMENTS

Margarine

Butter

Lemon Juice

Honey

Sugar

Equal® Sucralose

Salt