

FULL LIQUID DIET

Certain procedures and/or surgeries require a full liquid diet, if this is indicated for you, please follow these guidelines:

Group	Recommend	Avoid
Milk & milk products	milk, milkshakes, eggnog, ice cream, Custard, pudding	All cheeses
Vegetables	All vegetable juices	All raw or cooked Vegetables
Fruits	All juice or nectar	All fresh, frozen, or Canned fruit
Breads & Grains	Cooked refined cereals, farina, grits, Oatmeal, cream of rice, cream of wheat	All other cereals, all breads
Meat or meat	None	All
Substitutes		
Fats & oils	Butter, margarine, cream	All others
Sweets & desserts	sherbet, sugar, hard candy, plain gelatin Ice, honey, syrups	All others
Beverages	All	None
Soups	broth, bouillon, strained creamed soups	All others