

Full Liquid Diet

Full liquid diet eases the movement of food through the areas of the GI tract that are swollen temporarily after surgery. Eat frequently with small meals, six or more times each day.

Group	Recommend	Avoid
Milk and Milk Products	Milk, milkshakes, eggnog, ice cream custards, pudding. No seeds or fruits	All others
Breads and Cereals	Cream of Rice, Cream of wheat, Grits	All others.
Fruits	All juice without pulp	All others
Vegetables	All vegetable juices	All others
Meats	None	All meats
Soups	Broth, strained or blended cream soups,	All others
Sweets	Sugar, honey, syrup, hard candy, Sherbert, gelatin, fruit ice, popsicle	All others
Fats/Oils	Butter, margarine, cream, Non-dairy cream	All others

Sample menu:

Breakfast:

Fruit Juice (1 cup)

Hot cereal (1/2 cup)

Eggnog (1 cup)

Whole Mile (1 cup)

Hot tea with sugar and lemon

Cream of wheat

Lunch and Dinner

Strained creamed soup (3/4 cup)

Juice (1 cup)

Ice Cream (1/2 cup)

Pudding or custard (1/2 cup)

Whole mile (1 cup)

Hot tea with sugar and lemon

Morning Snack

Milkshake

Afternoon snack

Pudding, Juice

Evening Snack

Nutritional supplement drink