

# KARMANOS CANCER INSTITUTE

## FULL LIQUID DIET

You may need to follow a full liquid diet after surgery or if you cannot eat solid foods. If you need to follow this diet for more than two weeks, check with your registered dietitian (RD) to be sure you are getting the calories, protein, and other nutrients that your body needs.

If you were previously on a clear liquid diet, you can continue to eat all the foods from that diet. A full liquid diet also includes milk and foods with small amounts of fiber. The chart below lists the foods allowed on a full liquid diet. A one-day sample menu is also included.

### FOODS ALLOWED ON A FULL LIQUID DIET:

Food Category	Foods Allowed	Food Category	Foods Allowed
Cereals	Cream of wheat, cream of rice, and other cooked cereals made with refined grains Blended or pureed oatmeal and other blended whole grain cereals	Desserts	Cornstarch puddings Custard Gelatin, high-protein gelatin* Plain ice cream and sherbet Fruit ices and popsicles
Fruits and vegetables	All juices and nectars Pureed fruits Pureed vegetables diluted in soups Mashed potatoes diluted in cream soup	Fats	Butter, margarine, mayonnaise
Milk	All types of milk (whole, low-fat, reduced-fat, or fat-free; use lactose-free products if you are lactose intolerant) Half-and-half (use to boost calories)	Beverages	Coffee Tea Carbonated beverages Cocoa Artificially flavored fruit drinks Lemonade Sport and rehydration beverages Medical nutritional supplement drinks Milkshakes made with smooth peanut butter or canned fruit (shakes must be blended smooth) Pasteurized eggnog
Soups	Bouillon Clear beef, chicken, or vegetable broth Strained, pureed vegetable soup Strained, meat-based or cream soups containing pureed vegetables or pureed meat	Miscellaneous	Honey, sugar, syrup Salt Flavorings (herbs, spices, flavored syrups) Chocolate syrup Cinnamon, nutmeg Brewer's yeast Hard candy

\* Ask your RD for the High-Protein Gelatin recipe.



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## **SAMPLE ONE-DAY MENU FOR FULL LIQUID DIET:**

### **Breakfast**

Apple juice  
Cream of wheat with milk  
Gelatin  
Coffee

### **Midmorning**

Applesauce  
Custard

### **Lunch**

Strained cream of potato soup  
Gelatin  
Pudding  
Tea

### **Midafternoon**

Ice cream

### **Dinner**

Strained cream of vegetable soup  
Pureed peaches  
Fruit ice  
Custard  
Tea

### **Bedtime**

Pudding  
Tea



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