

Center for Digestive Diseases
 and Cary Endoscopy
 1120 SE Cary Parkway Ste 204
 Cary,NC

Full Liquid Diet

Purpose: A full liquid diet falls between clear liquid and soft diet.

	Allowed	Not allowed
Beverages	All fruit juices and nectars Fruit drinks, fruit punch Soft drinks Coffee, Tea Liquid meal replacements Milk, all types Milkshakes Eggnog Lemonade/Limeade Tomato juice	Alcohol
Soup	Bouillon, broth, consomme Cheese soup, Tomato, soup pureed, strained	
Soft	Soft or frozen yogurt Pudding Custard Potatoes thinned mashed Pureed Vegetables Hot cereals thinned (Grits, Cream of Wheat) Eggs Pureed meats	Breads Cheese Meats Raw Vegetables Whole grain cereals
Dessert	Ice milk, Milkshakes Gelatin, Jello Smooth ice cream Custard Thin fruit purees Whip cream	Nuts Fruit
Miscellaneous	Butter, margarine Oil Honey Jelly Syrup	