



FULL LIQUID DIET

| <u>FOOD GROUP</u> | <u>FOODS ALLOWED</u> | <u>FOODS TO AVOID</u> |
|-------------------------|--|--------------------------------------|
| Beverages | Coffee, tea, decaffeinated coffee, carbonated beverages, and Gingerale | All others |
| Breads | None | All |
| Desserts | Custard. Plain gelatin, pudding, ice cream, sherbet, popsicles and fruit ices (no red) | All others |
| Eggs | Eggnog | All others |
| Fats | Strained cream soups. (Milk, cream, butter and margarine may be added) | All others |
| Fruits | All fruit juices and fruit drinks | All others Fruit juices with pulp |
| Meat or substitutes | None | All |
| Milk | Vitamin D fortified milk including milkshakes, malts, eggnog, plain yogurt and hot chocolate | All |
| Potatoes or Substitutes | None | All |
| Seasonings | Iodized salt, spices in moderation | Excessive amounts |