



## FULL LIQUID DIET

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS RESTRICTED</b>
Milk (3 or more cups)	All milk and milk products that are liquid at body temperature, plain yogurt	Any containing raw eggs or egg whites, yogurt with seeds, fruit or skins
Vegetable (2 or more)	Strained cream of vegetable soups, strained vegetable soup, vegetable juices	All Others
Bread/Starch (as possible)	Refined cooked cereal, cream of wheat or rice, strained whole grain cereals in gruels, grits, potato, creamed or strained in soup	All Others
Fruit (2 or more)	Fruit juices without pulp	All Others
Meat (as possible)	Finely homogenized or strained in cream soup	All Others
Beverage	Any	Non
Dessert	Plain ices, plain ice cream, plain ice milk, flavored gelatin, sherbert, puddings without fruit or nuts, custard, junket	All Others