



Digestive Disease Consultants

www.mygidocs.com

FULL-LIQUID DIET

This diet may be prescribed by your doctor for various gastrointestinal disorders, but usually not on a long-term basis.

Below is a list of foods, in alphabetical order, considered appropriate for a full liquid diet. If you have any questions regarding what you can or cannot eat, please speak to your doctor:

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| All fruit juices and nectars | Plain gelatin desserts |
| Broth, bouillon | Potatoes pureed in soup |
| Butter, cream, oil, margarine | Refined/strained cooked cereal |
| Carbonated beverages | Small amounts of strained meat in broth or gelatin |
| Cheese soup | Smooth ice cream |
| Coffee, tea | Soft or baked custard |
| Fresh or frozen plain yogurt | Strained lemonade or limeade |
| Fruit drinks | Strained or blenderized soup |
| Fruit punch | Thin fruit purees |
| Honey, jelly, syrup | Tomato juice |
| Ice milk | Tomato puree for cream soup |
| Liquid meal replacements | Vegetable juice |
| Milk, all types | Water |
| Milkshakes | |
| Pasteurized eggnog | |
| Plain cornstarch pudding | |



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If you have any questions, or would like to schedule an appointment, please call 877-891-ENDO (3636).