

If you have any questions, please ask your nurse or physician.

Full Liquid Diet

The full liquid diet includes mostly liquids (including milk) and some foods with small amounts of fiber. The full liquid diet can provide many of the nutrients your body needs, but it may not give enough vitamins, minerals, and fiber. It is easy to digest and leaves little food in the stomach and intestines.

Purpose

You may be put on a full liquid diet if you are having trouble swallowing solid food or only able to tolerate full liquids at this time. This diet is temporary. You should not follow this diet longer than directed.

Choose these foods

Food Group	Foods Recommended
Grains	Thin hot cereal, such as cream of wheat
Dairy	Milkshakes Pudding, custard Ice cream, sherbet, sorbet Milk (Nonfat, 1%, 2%, whole) Yogurt without nuts, seeds or fruit Soy milk, almond milk, rice milk, coconut milk, cashew milk
Fruits	Clear fruit juices without pulp (apple, cranberry, grape)
Vegetables	Thin, pureed vegetable soups Vegetable and fruit juice with or without pulp
Oils	Almond oil, avocado oil, canola oil, cashew oil, corn oil, grapeseed oil, olive oil, safflower oil, sesame oil, soybean oil, sunflower oil
Other	Gravy Syrup Popsicles Gelatin (Jell-O®) Strained cream soups Chicken, beef or vegetable broths
Beverages	Water, ice Soft drinks, lemonade, limeade Coffee, tea and other hot beverages Nutritional supplements (Ensure®, Boost®)

Full liquid diet sample menu

Breakfast	Lunch	Dinner	Snack
1/2 cup orange juice (without pulp) 1 cup cream of wheat 1 cup milk 1 container yogurt without nuts, seeds or fruit 1 cup coffee	1 cup apple juice 1 cup tomato soup 1/2 cup vanilla pudding 1 cup high-protein chocolate shake 1 cup tea	1 cup grape juice 1 cup milk 1 cup high-protein vanilla shake 1 cup strained, blended cream of broccoli soup 1/2 cup custard	1 cup high-protein chocolate shake

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital’s Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Digestive Health Center and Nutrition Services