

**ALBANY GASTROENTEROLOGY CONSULTANTS**  
**1375 Washington Avenue**  
**Albany, New York 12206**  
**Phone: 438-4483**

**FULL LIQUID DIET**

	<b>Choose these foods/beverages</b>	<b>Do not eat these foods/beverages</b>
<b>Fruits/juices</b>	Fruit juices without pulp such as apple juice, white grape juice, white cranberry juice and nectars.	Canned, fresh or frozen fruits
<b>Soups</b>	Broth, bouillon, fat free consommé, or strained cream soups	Soups with vegetables, noodles, rice, meat or other chunks of food in them
<b>Beverages</b>	Coffee, tea (hot or cold), Kool-Aid (not red or purple), soda, water, lactose free supplements if recommended by your doctor.	All others
<b>Sweets and Desserts</b>	Fruit ices (without chunks of fruit), plain gelatin, hard candy, popsicle made from juices, custards, ice cream and pudding.	All others
<b>Vegetables</b>	None	All
<b>Milk and Dairy Products</b>	Milk (whole, skim, 1% and 2%), cream	Yogurt
<b>Bread, cereals and grain products</b>	None	All
<b>Meat, chicken, fish, and meat substitutes (nuts, tofu, etc).</b>	None	All
<b>Oils, butter, margarine</b>	None	All

**Example of Full Liquid Diet:**

**Breakfast:** Hot tea with lemon juice or milk and 1 tsp sugar (no pulp);  
 Apple juice (8 oz); Gelatin 1 cup; Milk (1%)

**Lunch:** Hot tea with lemon or cream (no pulp) and sugar; Grape Juice (white) (8 oz); Ice Cream (1 cup); Strained Cream of Potato Soup; Milk (1%)

**Snack:** Fruit juice (apple, white cranberry or white grape, 8 oz); Pudding (1 cup)

**Dinner:** Hot tea with lemon or milk and sugar; Apple juice; Strained Cream of Asparagus Soup (8 oz); Sherbet (1 cup); Milk (1%)