



Full liquid diet

Definition: Liquid foods that can be swallowed without chewing by blending cooked food or through liquid machine

Food category	Recommendation	To Avoid
Dairy	Skimmed or low-fat milk Low calorie yogurt/kefir	Products containing fruit pulp. Sugary and whole-fat dairy products: whole milk, flavored milk, and ice cream
Grains (Rice and alternatives)	Instant grain powder Diluted pumpkin puree or mashed potato	① Solids-containing soup ex. Corn Soup ② Gas-producing food such as sweet potatoes, red beans and corns ③ High-calorie soups such as rice syrup and creamy soup
Proteins	Steamed egg Soy milk, bean curds, tender tofu Meat paste (fish, chicken, pork)	raw egg, thick or oily soup, alcohol-containing broth
Vegetables	Vegetable puree (squashes or baby leaves)	① Crude fiber vegetables such as celery and bamboo shoots ② Vegetable stems ③ Gas-producing foods such as onions, green peppers and cabbages
Fruits	Peeled and unseeded fruit puree	Fruits containing skin, seeds and fiber such as guava, pineapple and apple
Water	Drinking water	Ice water
Other Liquids	Non-irritating food or dressings	① Irritating drink or seasoning such as alcoholic beverages, carbonated drinks and caffeinated drinks ② High-calorie foods such as pudding, chocolate and sesame paste

Warnings:

1. Drink in small sips, about 5~10cc each time, then gradually increase the total amount.
Do not drink in large amount.
2. Use a straw or a small spoon to help control the serving.
3. Drink water every day to avoid dehydration. (ex. carrying a bottle around)
4. If you feel allergic, add a small amount of sugary foods (such as candy, juice).
5. Do not consume solids to avoid vomiting or bloating.