







Full Fluid Diet

You are on a full fluid diet. This type of diet is used for people who are unable to chew, swallow, or eat solid foods. Below is a list of foods allowed and foods to avoid while on a full fluid diet.

Food Group	FOODS ALLOWED	FOODS TO AVOID
Grain Products 	<ul style="list-style-type: none"> • Cream of Wheat • Oatmeal • Cream of Rice • Oat Bran® cereal 	<ul style="list-style-type: none"> • Grain products with pieces of fruit or nuts/seeds
Milk & Alternatives 	<ul style="list-style-type: none"> • Milk • Yogurt • Cottage cheese • Ricotta cheese • Pudding 	<ul style="list-style-type: none"> • Milk and alternatives with pieces of fruit or nuts/seeds • Rice and Tapioca pudding
Vegetables & Fruits 	<ul style="list-style-type: none"> • Fruit and vegetable juice (no pulp) • Applesauce • Puréed fruits 	<ul style="list-style-type: none"> • Fruits and vegetables with skins or seeds
Soups 	<ul style="list-style-type: none"> • Puréed soups (can contain meat, poultry, fish, beans, peas, lentils, noodles, rice, and/or vegetables, etc., as long as it is puréed and strained) • Cream soup (strained) • Beef, poultry, fish, or vegetable broth 	<ul style="list-style-type: none"> • Soups with chunks
Desserts & Sweets 	<ul style="list-style-type: none"> • Jell-O® • Ice cream, sherbet • Popsicles 	<ul style="list-style-type: none"> • Desserts with pieces of fruits, coconut, or nuts
Drinks 	<ul style="list-style-type: none"> • Nutritional supplements, such as Boost®, Ensure®, or similar products • Milkshakes or smoothies (no chunks or pieces) • Coffee/Tea • Juice • Low sugar fruit drinks (such as, Crystal Light®) • Sport and rehydration drinks 	<ul style="list-style-type: none"> • Juice with pulp • Bubble tea

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Tips to following a full fluid diet:

- To get enough nutrition on a full fluid/liquid diet, you may need to eat 6 to 8 times a day.
- To increase protein and calories, you can add skim milk powder to cream soups, milkshakes, smoothies, hot cereal, etc.
- Choose greek yogurt for more protein.
- You may find nutritional supplements such as Boost®, Ensure®, or similar products may taste better when chilled, served over ice, or mixed with other foods (such as hot cereal).
- If you are on a full fluid diet for longer than 1 week, take a complete multivitamin and mineral once a day.



You are on a Special Diet. If your family or friends are planning to provide you with food from home while you are in the hospital, please make sure they check with a member of the health care team first.

For more information or help, please call:

Registered Dietitian: _____ Tel: _____