

Patient Care Services  
300 Pasteur Drive  
Stanford, CA 94305

## **Liquid Diet Instructions Patient Education**

### ***Full Liquid Diet***

#### **What is a full liquid diet?**

- A full liquid diet is frequently used as a middle step between solid foods and a clear liquid diet.
- If you are lactose intolerant, try treated milk. Dairy Ease and Lactaid are two brands available.
- Lactase tablets also may be helpful when eating dairy foods. There are generics available as well as the brand Lactaid.

#### **Full liquid diet suggestions:**

- All fruit juices and nectars without large amounts of pulp.
- Vegetable juice.
- Honey, jelly, syrup.
- Butter, oil, margarine.
- Milk, cream, milkshakes, chocolate milk.
- Smooth ice cream, ice milk, sherbet.
- Plain, fresh, or frozen yogurt.
- Pasteurized eggnog.
- Liquid meat replacements: Ensure, Boost, Carnation Instant Breakfast.
- Plain cornstarch pudding.
- Potato purée in soup.
- Refined cooked cereal: cream of rice, cream of wheat, farina.
- Custard.
- Strained/pureed soups-blenderized.
- Cheese soup.
- Thin fruit purees.
- Coffee, tea.
- Carbonated beverages.
- Anything on the clear liquid diet.

### ***Clear Liquid Diet***

#### **What is a clear liquid diet?**

- A clear liquid diet is made up of clear liquids and foods that are liquid at room temperature. A clear liquid

diet may be used before a test or surgery to make sure your digestive tract is empty. The digestive tract is the path that food takes through your body as it is digested, to meet your body's energy needs.

- Do not consume any beverages that you cannot see through.
- Do not consume any beverages containing alcohol.
- Do not consume any dairy products: milk, cheese, yogurt, smoothies, nutritional supplements (example: Ensure).
- Do not consume any fruit nectars, orange juice, or tomato juice.

### **Clear liquid diet suggestions:**

- Bouillon, consommé, fat free broth.
- Clear carbonated beverages: Sprite, 7-Up, ginger ale, mineral water, club soda.
- Cranberry juice, apple juice, grape juice.
- Fruit flavored drinks.
- Fruit ices without fruit pieces.
- Fruit ices without milk or added fiber.
- Fruit punch.
- Honey.
- Plain gelatin dessert.
- Plain popsicles.
- Strained lemonade/limeade.
- Tea.
- Water.
- Clear sports drinks.
- Strained vegetable broth.

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