

## **FOOD ALLOWED ON A FULL LIQUID DIET**

<b>ITEMS</b>	<b>FOODS ALLOWED</b>
<b>BEVERAGES</b>	All milk and milk products, coffee, fruit juices without pulp, and all clear liquids (see list below)
<b>MAIN DISHES</b>	Creamed soups, strained vegetable or strained meat soups, cooked cereals, oatmeal, cream of wheat, grits, mashed potatoes
<b>FAT</b>	Cream, margarine, butter, oil, plain gravy
<b>DESSERTS</b>	Plain ices, plain ice cream or ice milk, gelatin, sherbet, puddings without fruit or nuts, custard, plain yogurt
<b>SEASONING</b>	Chocolate syrup, cinnamon, nutmeg, sugar, salt, flavoring, honey, syrup, hard candy