



Patient Name _____

Date _____

FULL LIQUID DIET

Michael Olding, MD
Chief, Division of Plastic Surgery

1. Milk and Milk Products

- Milk
- Milkshakes
- Eggnog
- Ice Cream
- Custard
- Pudding

2. Fruits

- All Juices and Nectar

3. Breads and Grains

- Cooked refined cereal
- Farina
- Grits
- Oatmeal cream of rice and Oatmeal cream of wheat

4. Fats and Oils

- Butter, Margarine and Cream

5. Sweets and Desserts

- Sherbet
- Hard Candy
- Plain Gelatin
- Fruit Ice
- Honey
- Syrups

6. Beverages

- All (including vegetable juices)

7. Soups

- Broth, Bouillon, and strained creamed soups

NO VEGETABLES, MEAT, MEAT PRODUCTS, POULTRY OR FISH

MEDICAL FACULTY ASSOCIATES

THE GEORGE WASHINGTON UNIVERSITY