

## Full Fluid Diet

The full fluid diet is designed for patients who are unable to chew, swallow, or digest solid foods. A full fluid diet includes clear fluids and milk and milk products such as ice cream, cream soup and pudding but no solid food.

Type of Food	Recommended Choices	Avoid
<b>Milk and Milk Products</b>	All milk beverages. This includes: <ul style="list-style-type: none"> <li>• chocolate milk</li> <li>• buttermilk</li> <li>• milkshakes without pieces of fruit</li> </ul> Yogurt, plain or flavoured. Hot chocolate or cocoa.	Yogurt with nuts, seeds, grains or pieces of fruit such as strawberry or peach.
<b>Cereals</b>	Refined cooked cereals such as Cream of Wheat®.	All others with pieces of fruit, nuts or seeds.
<b>Fruits and Vegetables</b>	Fruit and vegetable juice without pulp.	All others.
<b>Soups</b>	Pureed soups, strained creamed soups, bouillon and consomme.	All others.
<b>Desserts</b>	Pudding, fruit whip, custard, yogurt, plain gelatin desserts, ice cream, ice milk, popsicles, sherbet.	All others made with coconut, fruit, nuts or whole fruit. Rice and tapioca pudding.

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<b>Beverages</b>	Nutritional supplements such as, Ensure®, Boost Fruit Beverage®, carbonated beverages, crystal fruit drinks, sport drinks, coffee and tea.	All others.
<b>Sweets</b>	Honey, plain sugar and hard candy.	All others.
<b>Seasonings</b>	Ground seasonings as tolerated.	

### Dietitian's or Dietetic Assistant's suggestions:

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