## List of Foods for Full Liquid Diet 1 day – 1 week after surgery

Food Group	Foods Recommended	Foods to Avoid
Protein	<ul> <li>Low-fat cottage cheese</li> <li>Low-fat/fat-free, no added sugar yogurt</li> <li>Sugar-free pudding</li> <li>Fat-free or 1% milk</li> <li>Light, no added sugar soy milk products</li> <li>Protein supplements</li> </ul>	<ul> <li>Whole milk dairy products</li> <li>Dairy products with added sugar</li> <li>Regular soy milk products</li> <li>Soy milk products with added sugar</li> </ul>
Carbohydrate	Low-fat/fat-free, no sugar added dairy products	<ul><li>Cereals</li><li>Potatoes</li></ul>
Soups	<ul><li>Broth</li><li>Low-fat cream soups</li></ul>	<ul> <li>Regular cream soups</li> <li>Soups made with high fat meats and/or starch</li> </ul>
Sweets	Sugar substitute	<ul> <li>Foods sweetened with regular sugar</li> <li>Foods with more than 2 gm sugar alcohol</li> </ul>
Beverages	<ul> <li>Sugar-free, non-carbonated beverages</li> <li>Sugar-free popsicles</li> <li>Sugar-free gelatin</li> <li>Little to no caffeine</li> </ul>	<ul> <li>Alcohol</li> <li>Carbonated beverages</li> <li>Fruit juice</li> <li>Sugar sweetened drinks</li> <li>Large amounts of caffeine</li> </ul>

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<b>Monday</b>	<b>Tuesday</b>	Wednesday	<b>Thursday</b>	<u>Friday</u>	<b>Saturday</b>	<b>Sunday</b>
Breakfast <sup>1</sup> /40	Breakfast <sup>1</sup> / <sub>4</sub> C	Breakfast <sup>1</sup> / <sub>4</sub> C	Breakfast <sup>1</sup> / <sub>4C</sub>	Breakfast <sup>1</sup> / <sub>4</sub> C	Breakfast <sup>1</sup> / <sub>4</sub> C	Breakfast <sup>1</sup> / <sub>4C</sub>
low-fat cottage cheese	low-fat, no added sugar yogurt	skim milk mixed with protein powder	sugar-free pudding powder mixed with protein supplement	nonfat plain yogurt mixed with protein powder	skim milk mixed with protein powder	low-fat cottage cheese
Snack	Snack	Snack	Snack	Snack	Snack	Snack
<sup>1</sup> / <sub>4</sub> C	<sup>1</sup> / <sub>4</sub> C	1/4C	<sup>1</sup> / <sub>4</sub> C	1/4C	1/4C	<sup>1</sup> / <sub>4</sub> C
skim milk mixed with	sugar-free pudding mixed	low-fat cream soup mixed with	skim milk mixed with	low-fat, no added sugar	sugar-free pudding mixed	skim milk mixed with
protein powder	with protein supplement	unflavored protein powder	protein supplement	yogurt	with protein supplement	protein powder
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1/4C	1/4C	<sup>1</sup> / <sub>4</sub> C	1/4C	1/4C	<sup>1</sup> / <sub>4</sub> C	1/4C
low-fat cream soup mixed with unflavored protein powder	low-fat cottage cheese	skim milk mixed with protein powder	low-fat cottage cheese	sugar-free pudding mixed with protein supplement	low-fat cream soup mixed with unflavored protein powder	low-fat, no added sugar yogurt
Snack	Snack	Snack	Snack	Snack	Snack	Snack
1/4c sugar-free pudding mixed with protein supplement	1/4c low-fat cream soup mixed with unflavored protein powder	<sup>1</sup> / <sub>4</sub> c low-fat cottage cheese	1/4c broth mixed with unflavored protein supplement	1/4c low-fat cream soup mixed with unflavored protein powder	skim milk mixed with protein powder	1/4c nonfat plain yogurt mixed with protein powder
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
1/4C	½4C	½4C	½4C	½4C	1/4C	1/4C
low-fat, no	broth mixed	nonfat plain yogurt	skim milk	broth mixed	low-fat cottage	low-fat cream
added sugar yogurt	with unflavored protein powder	mixed with protein powder	mixed with protein supplement	with unflavored protein powder	cheese	soup mixed with unflavored protein powder
Snack	Snack	Snack	Snack	Snack	Snack	Snack
1/4C	<sup>1</sup> / <sub>4</sub> C	1/4C	<sup>1</sup> / <sub>4</sub> c	<sup>1</sup> / <sub>4</sub> c	1/4C	1/4C
nonfat plain yogurt mixed	skim milk mixed with	sugar-free pudding mixed with protein	broth mixed with unflavored	sugar-free pudding mixed	broth mixed with unflavored	skim milk mixed with
with protein powder	protein powder	supplement	protein supplement	with protein supplement	protein powder	protein powder