

List of Foods for Full Liquid Diet

1 day – 1 week after surgery

<u>Food Group</u>	<u>Foods Recommended</u>	<u>Foods to Avoid</u>
Protein	<ul style="list-style-type: none"> • Low-fat cottage cheese • Low-fat/fat-free, no added sugar yogurt • Sugar-free pudding • Fat-free or 1% milk • Light, no added sugar soy milk products • Protein supplements 	<ul style="list-style-type: none"> • Whole milk dairy products • Dairy products with added sugar • Regular soy milk products • Soy milk products with added sugar
Carbohydrate	<ul style="list-style-type: none"> • Low-fat/fat-free, no sugar added dairy products 	<ul style="list-style-type: none"> • Cereals • Potatoes
Soups	<ul style="list-style-type: none"> • Broth • Low-fat cream soups 	<ul style="list-style-type: none"> • Regular cream soups • Soups made with high fat meats and/or starch
Sweets	<ul style="list-style-type: none"> • Sugar substitute 	<ul style="list-style-type: none"> • Foods sweetened with regular sugar • Foods with more than 2 gm sugar alcohol
Beverages	<ul style="list-style-type: none"> • Sugar-free, non-carbonated beverages • Sugar-free popsicles • Sugar-free gelatin • Little to no caffeine 	<ul style="list-style-type: none"> • Alcohol • Carbonated beverages • Fruit juice • Sugar sweetened drinks • Large amounts of caffeine

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Breakfast</i> ¼c low-fat cottage cheese	<i>Breakfast</i> ¼c low-fat, no added sugar yogurt	<i>Breakfast</i> ¼c skim milk mixed with protein powder	<i>Breakfast</i> ¼c sugar-free pudding powder mixed with protein supplement	<i>Breakfast</i> ¼c nonfat plain yogurt mixed with protein powder	<i>Breakfast</i> ¼c skim milk mixed with protein powder	<i>Breakfast</i> ¼c low-fat cottage cheese
<i>Snack</i> ¼c skim milk mixed with protein powder	<i>Snack</i> ¼c sugar-free pudding mixed with protein supplement	<i>Snack</i> ¼c low-fat cream soup mixed with unflavored protein powder	<i>Snack</i> ¼c skim milk mixed with protein supplement	<i>Snack</i> ¼c low-fat, no added sugar yogurt	<i>Snack</i> ¼c sugar-free pudding mixed with protein supplement	<i>Snack</i> ¼c skim milk mixed with protein powder
<i>Lunch</i> ¼c low-fat cream soup mixed with unflavored protein powder	<i>Lunch</i> ¼c low-fat cottage cheese	<i>Lunch</i> ¼c skim milk mixed with protein powder	<i>Lunch</i> ¼c low-fat cottage cheese	<i>Lunch</i> ¼c sugar-free pudding mixed with protein supplement	<i>Lunch</i> ¼c low-fat cream soup mixed with unflavored protein powder	<i>Lunch</i> ¼c low-fat, no added sugar yogurt
<i>Snack</i> ¼c sugar-free pudding mixed with protein supplement	<i>Snack</i> ¼c low-fat cream soup mixed with unflavored protein powder	<i>Snack</i> ¼c low-fat cottage cheese	<i>Snack</i> ¼c broth mixed with unflavored protein supplement	<i>Snack</i> ¼c low-fat cream soup mixed with unflavored protein powder	<i>Snack</i> ¼c skim milk mixed with protein powder	<i>Snack</i> ¼c nonfat plain yogurt mixed with protein powder
<i>Dinner</i> ¼c low-fat, no added sugar yogurt	<i>Dinner</i> ¼c broth mixed with unflavored protein powder	<i>Dinner</i> ¼c nonfat plain yogurt mixed with protein powder	<i>Dinner</i> ¼c skim milk mixed with protein supplement	<i>Dinner</i> ¼c broth mixed with unflavored protein powder	<i>Dinner</i> ¼c low-fat cottage cheese	<i>Dinner</i> ¼c low-fat cream soup mixed with unflavored protein powder
<i>Snack</i> ¼c nonfat plain yogurt mixed with protein powder	<i>Snack</i> ¼c skim milk mixed with protein powder	<i>Snack</i> ¼c sugar-free pudding mixed with protein supplement	<i>Snack</i> ¼c broth mixed with unflavored protein supplement	<i>Snack</i> ¼c sugar-free pudding mixed with protein supplement	<i>Snack</i> ¼c broth mixed with unflavored protein powder	<i>Snack</i> ¼c skim milk mixed with protein powder