

Liquid Diet Foods

Clear Liquid Diet

The first diet after surgery is the clear liquid diet. It includes the following liquids:

Apple Juice
Cranberry juice
Grape juice
Chicken broth
Beef broth
Flavored gelatin (Jell-O)
Decaf tea and coffee
Caffeinated beverages are permitted based on tolerance
Popsicles
Italian Ice

Carbonated drinks (sodas) are not allowed for the first six to eight weeks after surgery. After this time you can try them again in small amounts.

Full Liquid Diet

The full liquid diet contains anything on the clear liquid diet, plus:

Milk, soy, rice and almond (no chocolate)
Cream of wheat, cream of rice, grits
Strained cream soups (no tomato or broccoli)
Vanilla and strawberry-flavored ice cream
Sherbet
Blended, custard styled or whipped yogurt (plain or vanilla only)
Nutritional drinks including Ensure, Boost, carnation Instant Breakfast (no chocolate-flavored)

Note: Dairy products, such as milk, ice cream and pudding, may cause diarrhea in some people just after surgery. You may need to avoid milk products. If so, substitute them with a lactose-free beverages, such as soy, rice, Lactaid or almond milks.

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