



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Full Liquid Diet

- Juices
- Soups with soft/small pieces
- Coffee, tea
- Gelatin, jell-O
- Broth, cream soups
- Milk and milk products
- Ice cream, milk shakes
- Cream of wheat, farina
- Yogurt
- Applesauce
- Pasta
- Mashed potatoes
- Scrambled eggs
- Pudding
- Carnation Instant Breakfast
- Ensure, Boost

Avoid: Carbonated beverages

Limit: Ice cold liquids and high-fat liquids

*It is **Important** that you drink at least 2 quarts (64 oz) of fluids throughout the day. “Lots of fluids in little amounts throughout the day.”

Soft Diet/Low Fiber

- Canned fruit and vegetables
- Cold (soggy) cereal, except bran
- Soft bread
- Cakes, cookies, pies (without nuts)
- Baked turkey, chicken, fish and ground beef
- Eggs
- Bananas and melons
- Lean and tender beef and lamb-baked, roasted, or simmered slowly
- Oatmeal
- All soups
- Casseroles
- Cottage cheese
- Rice

Avoid: Nuts, seeds, popcorn, raw vegetables, fatty meats: pork, fried or heavy seasoned processed meats: sausages and brats, carbonated beverages.

*It is **Important** that you drink at least 2 quarts (64oz) of fluids per day. “Lots of fluids in little amounts throughout the day.”

Please call our office with any questions: (920) 494-9685