

Full Feeds

Full feeds are liquids at room temperature, which are smooth and lump-free. Full feeds leave no or very minimal residue in the gastrointestinal tract. This can help in the transition from clear feeds to a regular diet. You can also consume the options allowed on clear feeds while you are on full feeds.










Doctors order this diet to prepare you for tests or procedures, such as a colonoscopy, or after intestinal surgery. It is important that you follow these instructions to help manage your medical condition.







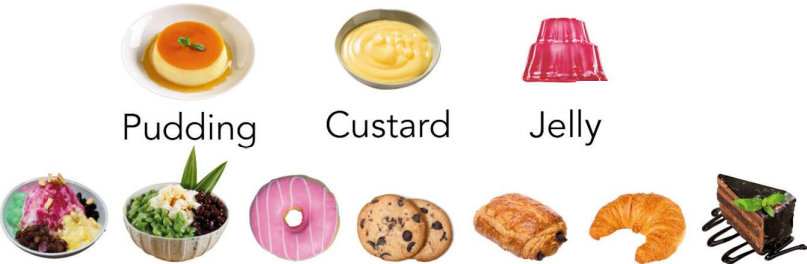


Full feeds have more nutrition than clear feeds, but they lack some nutrients that your body needs. If you are on a full feed diet for more than 5 days, you may need a nutritional supplement to meet your nutritional requirements.

Drinks Allowed On Full Feeds

Food Group	Allowed 
Starches and Sugars	 <p>Rice/ oatmeal/ barley water (strained)</p>
Meat and Alternatives	 <p>Cream soup (strained, meat or vegetables not consumed)</p>
Vegetables	 <p>Vegetable juices (strained) Pureed vegetable soups (strained)</p>
Fruits	 <p>Fruit juices without pulp (strained)</p>
Dairy products	 <p>Plain yogurt, yogurt drinks Plain ice cream Milk (plain/ flavoured) Plain milkshake</p>
Others	 <p>Milk tea/ coffee Almond/ soy/ rice milk</p> <p>Hot chocolate, Milo, Ovaltine Flavoured syrup</p> <p>Coconut water without flesh Water (plain/ carbonated/ flavoured) Nutritional supplements</p>

Food & Drinks Not Allowed On Full Feeds

Food Group	Not Allowed 
Starches and Sugars	 <p>Porridge, rice, oats, noodles, bread, buns, biscuits</p>
Meat and Alternatives	 <p>Poultry, meat, fish, shellfish, egg, tofu Soups with solid pieces</p>
Vegetables	 <p><u>All</u> vegetables, garnishes and condiments</p>
Fruits	 <p><u>All</u> fruits</p>
Dairy products	 <p>Ice cream, milkshake, yogurt or yogurt drinks with solid pieces Cheeses</p>
Others	 <p>Pudding Custard Jelly</p> <p>All other products containing solid pieces of nuts, fruit, jelly, chocolate or dough</p>

Contributed by Nutrition & Dietetics Service, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of March 2024 and subject to revision without prior notice.



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