**Diet Examples**

### CLEAR LIQUIDS
Clear liquids are liquids that are clear at room temperature.
- Water
- Tea
- Clear Juices
- Clear sports drinks
- Clear broth, bouillon, or consommé
- Plain popsicles
- Hard candy
- Gelatin

### FULL LIQUIDS
Full liquids are liquids at room temperature but do not have to be clear and will likely be thicker.
- Milk
- Protein shakes
- Ice cream/sherbet/sorbet
- Cream soups
- Pudding/yogurt
- Jellies/jams
- Honey
- Cottage Cheese
- Butter
- Creamy Peanut Butter
- Mayonnaise
- Sauces/dressings

### SOFT FOODS
Soft foods have the consistency of foods that are pureéd, blenderized, slippery, or mushy. Think baby food!
- Overcooked pasta
- Rice
- Scrambled eggs
- Egg salad
- Cottage cheese
- Mashed potatoes
- Peas

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**What is Dumping Syndrome?**

Dumping syndrome commonly occurs when food and liquids “dump” too quickly into the small bowel. This generally occurs 10-20 minutes after eating certain foods (usually foods high in sugar content). Be mindful of what is causing your symptoms and avoid for the time being, then reintroduce the food at a time further along in your recovery. Symptoms can include cramping, diarrhea, nausea, and a general feeling of malaise (fatigue). Some patients also experience palpitations, sweating, and lightheadedness which should resolve after a few minutes of rest (no longer than 15 minutes). Any chest tightness/pressure, shortness of breath, or rapid breathing could indicate a more serious condition. If any of these symptoms persist or brought on by activity or in patients with existing heart or respiratory symptoms, call your doctor or 911 immediately and go to the emergency room.