FULL LIQUID DIET

INDICATION

The full liquid diet is used post-operatively, usually during transition from a clear liquid to a regular diet. The consistency of foods is appropriate for those patients having difficulty swallowing over a short-term period as in oral surgery or mandibular fractures.

DESCRIPTION

The full liquid diet consists of foods which are liquid or liquidized at room temperature.

NUTRITIONAL ADEQUACY

The diet does meet the Recommended Dietary Allowances for calories, protein, calcium, phosphorus, ascorbic acid and riboflavin. If the diet is to be followed for three or more days, a nutrition supplement should be added.

<table>
<thead>
<tr>
<th>Food</th>
<th>Foods Allowed</th>
<th>Foods to Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverage</td>
<td>Carbonated beverages, tea, coffee, coffee substitutes, milk, milk drinks, milkshakes</td>
<td>None.</td>
</tr>
<tr>
<td>Bread</td>
<td>None</td>
<td>All</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cooked refined cereals (cream of wheat, cream of rice, malt-o-meal)</td>
<td>Any other</td>
</tr>
<tr>
<td>Dessert</td>
<td>Plain ice cream, gelatins, sherbet, pudding, yogurt (plain or custard style without chunks), fruit ice</td>
<td>Any other desserts, fruitied yogurt</td>
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<tr>
<td>Fat</td>
<td>Butter, cream or margarine</td>
<td>Any other</td>
</tr>
<tr>
<td>Fruit</td>
<td>All fruit juices and nectar</td>
<td>Any other</td>
</tr>
<tr>
<td>Meat, egg or cheese</td>
<td>Soft custard, eggnog</td>
<td>Any other</td>
</tr>
<tr>
<td>Soup</td>
<td>Broth, strained cream soups, pureed potato soup</td>
<td>Any other</td>
</tr>
<tr>
<td>Food</td>
<td>Foods Allowed</td>
<td>Foods to Avoid</td>
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<td>---------------------------</td>
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</tr>
<tr>
<td>Sweets</td>
<td>Sugar, plain sugar candy, honey, syrup</td>
<td>Any other</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetable juices, pureed in soup</td>
<td>Vegetable juice cocktail, any other</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Salt &amp; flavoring extracts</td>
<td>Any other</td>
</tr>
</tbody>
</table>

**Sample Daily Meal Plan**

**Breakfast**
- ½ c. orange juice
- 1 c. cream of wheat
- 1 c. milk
- 1 carton custard style yogurt
- tea or coffee
- creamer

**Lunch**
- ½ c. apple juice
- 6 oz. cream of chicken soup, strained
- ½ c. custard
- 1 c. milk
- tea or coffee
- creamer

**Dinner**
- ½ c. tomato juice
- 6 oz. cream of mushroom soup, strained
- ½ c. ice cream
- 1 c. milk
- tea or coffee
- creamer

**Afternoon snack**
- 1 c. milkshake

**Evening snack**
- ½ c. pudding
- 1 c. milk

If a low fat, full liquid diet is needed (for gallbladder surgery or pancreatitis), you would choose the following:
- Skim milk
- Low fat ice cream or frozen yogurt
- Pudding made with skim milk
- Low fat cream soups
- Limit intake of butter, cream or margarine