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COMMUNITY HOSPITALS AND WELLNESS CENTERS

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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.

<u>Food</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
Beverage	Carbonated beverages, tea, coffee, coffee substitutes, milk, milk drinks, milkshakes	None.
Bread	None	All
Cereal	Cooked refined cereals (cream of wheat, cream of rice, malt-o-meal)	Any other
Dessert	Plain ice cream, gelatins, sherbet, pudding, yogurt (plain or custard style without chunks), fruit ice	Any other desserts, fruited yogurt
Fat	Butter, cream or margarine	Any other
Fruit	All fruit juices and nectar	Any other
Meat, egg or cheese	Soft custard, eggnog	Any other
Soup	Broth, strained cream soups, pureed potato soup	Any other

<u>Food</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
Sweets	Sugar, plain sugar candy, honey, syrup	Any other
Vegetables	Vegetable juices, pureed in soup	Vegetable juice cocktail, any other
Miscellaneous	Salt & flavoring extracts	Any other

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