Full Liquid Diet

DESCRIPTION

The full liquid diet includes those foods that are liquid or will become liquid at body temperature.

A high-calorie, high-protein supplement should be used to meet your nutritional requirements when the full liquid diet is continued for more than 2 or 3 days.

WHEN IS THIS DIET USED?

- As a transition diet between the clear liquid diet and solid foods.
- When patients cannot tolerate solid foods.

ADEQUACY

The full liquid diet is nutritionally inadequate according to the Recommended Dietary Allowances of the National Research Council, except in ascorbic acid and calcium. Protein requirements can be met if adequate amounts of dairy products are consumed daily.

The full liquid diet can be nutritionally adequate if it is fortified with a nutritional supplement. Your caregiver can give you recommendations on liquids that have nutritional supplements included in them.

SPECIAL NOTES

This diet is very restrictive. Its use should be limited to a short period of time and only under the advice or supervision of your caregiver or dietitian. If this diet is to be used for an extended period of time (more than 7 days), a multivitamin should be considered.

- **Food Group:** Breads/Starches
- **Allowed/Recommended:** None are allowed except crackers that are pureed (*made into a thick, smooth soup*) in soup. Cooked, refined corn, oat, rice, rye, and wheat cereals are also allowed.
- **Avoid/Use Sparingly:** Any others.

- **Food Group:** Potatoes/Pasta/Rice
- **Allowed/Recommended:** None except pureed in soup.
- **Avoid/Use Sparingly:** Any others.

- **Food Group:** Vegetables
- **Allowed/Recommended:** Strained tomato or vegetable juice. Vegetables pureed in soup.
- **Avoid/Use Sparingly:** Any others.

- **Food Group:** Fruit
- **Allowed/Recommended:** Any strained fruit juices and fruit drinks. Include 1 serving of citrus or vitamin C-enriched fruit juice daily.
- **Avoid/Use Sparingly:** Any others.

- **Food Group:** Meat and Meat Substitutes
- **Allowed/Recommended:** Eggs in custard, eggnog mix, eggs used in ice cream or pudding.
- **Avoid/Use Sparingly:** Any meat, fish, or fowl. All cheese. All other cooked or raw eggs.

- **Food Group:** Milk
- **Allowed/Recommended:** Milk and milk-based beverages, including milk shakes and instant breakfast mixes. Smooth yogurt.
- **Avoid/Use Sparingly:** Any others. Avoid dairy products if not tolerated.

- **Food Group:** Soups and Combination Foods
- **Allowed/Recommended:** Broth, strained cream soups. Strained, broth-based soups.
- **Avoid/Use Sparingly:** Any others.

- **Food Group:** Desserts and Sweets
- **Allowed/Recommended:** Custard, flavored gelatin, tapioca, plain ice cream, sherbet, smooth pudding, junket, fruit ices, frozen ice pops, pudding pops. Other frozen bars with cream, frozen fudge pops, chocolate syrup. Sugar, honey, jelly, syrup.
- **Avoid/Use Sparingly:** Any others.

- **Food Group:** Fats and Oils
- **Allowed/Recommended:** Margarine, butter, cream, sour cream, oils.
- **Avoid/Use Sparingly:** Any others.

- **Food Group:** Beverages
- **Allowed/Recommended:** All.
- **Avoid/Use Sparingly:** None.

- **Food Group:** Condiments/Miscellaneous
- **Allowed/Recommended:** Iodized salt, pepper, spices, flavorings. Cocoa powder.
- **Avoid/Use Sparingly:** Any others.

SAMPLE MEAL PLAN

Breakfast
1/2 cup orange juice
1 cup cooked wheat cereal
1 cup milk
1 cup beverage (coffee or tea)
Cream and/or sugar if desired

Midmorning Snack
1 cup pasteurized eggnog (made from powdered eggs mixed with milk, not raw eggs)

Noon Meal
1 cup cream soup
1/2 cup fruit juice
1 cup milk
1/2 cup custard
1 cup beverage (coffee or tea)
Cream and/or sugar if desired

Midafternoon Snack
1 cup milk shake

Evening Meal
1 cup cream soup
1/2 cup fruit juice
1 cup milk
1/2 cup pudding
1 cup beverage (coffee or tea)
Cream and/or sugar if desired

Evening Snack
1 cup supplement

To increase calories, sugar, cream, butter, or margarine should be added if possible. Nutritional supplements will also increase the total calories.

The above sample meal plan cannot meet the Recommended Dietary Allowances of the National Research Council without appropriate supplementation under the guidance of your caregiver or dietitian.

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