

Full Liquid Diet



Question:

I'd like to understand what it means to be on a "full liquid diet." What kind of foods and liquids can be consumed on a full liquid diet?

Answer:

A full liquid diet consists of foods and fluids that are liquid or liquefy at room temperature/body temperature. This diet is used most often post-operatively as advancement between the clear liquid diet and consuming solid foods. It can also be provided to patients who are **severely ill or who have difficulty swallowing and/or chewing solid foods.**

Foods Allowed

- *Milk:* milk, milk shakes, ice cream, yogurt, frozen yogurt, malts
- *Meats/protein sources:* eggs/eggs substitutes, custards
- *Breads, cereals, grains:* farina and cream of wheat
- *Vegetable and Fruits:* strained fruit/vegetable juice (no pulp), fruit nectars, pureed fruits
- *Fats:* butter, cream, margarine
- *Desserts:* puddings, custard, gelatin, Jello, sherbet, fruit ice, popsicles, Italian ice
- *Miscellaneous:* anything on a clear liquid diet, carbonated beverages, cocoa, coffee, instant breakfast, Ensure/Boost supplements, bouillon cubes, broth, strained vegetable soup, strained cream soups with pureed meats

Breakfast

100% pure fruit juice, 1 cup

Hot cereal with butter and brown sugar, ½ cup cooked

Milk, 2%, 1 cup

Coffee, ½ cup

Snack

1 bottle of nutritional shake, e.g. Boost Plus® (360 calories, 14 grams of protein)

Lunch

Cream soup, strained, 1 cup
100% pure vegetable juice, ½ cup
Vanilla or lemon lowfat yogurt, 6oz
Hot tea, 1 cup

Snack

Shake (blend 1 bottle of nutritional shake, e.g. Ensure Shake[®] with 1 medium ripe banana and a few ice cubes)

Dinner

Cream soup, strained, 1 cup
Applesauce, 1 cup
Vanilla ice cream, 1/2 cup
Hot tea, with sugar and lemon, 1 cup

Nutrition Facts:

Calories: 2025
Fat (g) 77
Carbohydrate (g) 285
Protein (g) 57
Fiber (g) 19

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG