

Full-Liquid Diet Menu



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

Orange juice, 1 cup
Farina, 1/2 cup
Milk, 2%, 1 cup
Hot tea, with sugar and lemon, 8 oz

Lunch

Strained, cream soup
Apple juice, 1 cup
Chocolate pudding (ready-to-eat), 4 oz

Mid-afternoon snack

Ensure plus, vanilla, 1 can

Dinner

Chicken bouillon with water
Strawberry Jello, 1 snack size
Grape juice, 1 cup
Plain chocolate ice cream, 1/2 cup

Nutrition Facts

Calories 1771	<u>Percent Calories From</u>
Fat (g) 59	Protein: 16%
Carbohydrate (g) 240	Fat: 30%
Protein (g) 71	Carbohydrates: 54%
Sodium (mg) 2,777	

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