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Full Liquid Diet

Description

This diet consists of foods which are liquid at room temperature, or will become liquid when consumed. This diet may be used post – operatively, following the clear liquid, or for patients with conditions requiring easily digested and easily consumed nourishment.

Adequacy

The liquid diet may be low in protein, calories, iron, thiamine, or niacin, depending upon the selection of foods. Protein and vitamin supplements may be necessary for the patient who must remain on the diet for an indefinite period. The liquid diet is designed to provide approximately 1800 kilocalories, 53 gm Protein, 218 gm Carbohydrate, 81 gm Fat.

Food Group	Food Allowed	Food Not Allowed
Milk Group		
Milk	1 to 1-1/2 quarts per day used as a beverage and in cooking. Milk may be used in beverages such as eggnog*, milkshakes, malted milk, high protein milk and in cream soups.	
Eggs and Cheese * Do not use raw eggs, use custard, soft custard, or a commercial egg mixture that is pasteurized.	Eggs* in eggnog or custard. Cottage cheese pureed to liquid and diluted with milk.	Meat, fish, poultry, cheese, legumes.
Vegetable And Fruit Group		
Potato or Alternate	Strained potato in cream soups only.	Macaroni, spaghetti, rice.
Vegetables	Strained asparagus, carrots, green beans, peas, spinach, beets, tomato combined with clear broth, cream soup, gelatin (flavored and unflavored), or vegetable juices.	Any not strained and diluted with liquids.
Fruits and Juices	Citrus and other fruit juices, fruit – flavored drinks, nectars.	
Bread And Cereal Group		
Breads and Cereals	Cereal gruel made from cream of wheat, cream of rice or strained oatmeal that has been thinned with hot milk or half – and – half.	Breads and other cereals.
Miscellaneous Foods		
Fats	Butter, margarine and cream may be used in soups.	
Seasonings	Salt and flavoring to taste; finely ground seasonings.	Pepper is sometimes poorly tolerated.
Soups	Broth or strained cream soups combined with allowed strained vegetables, and blenderized and strained meats.	All others.
Desserts and Sweets	Soft custard, rennet, flavored and unflavored gelatin, plain ice cream, sherbet without pulp or seeds, sugar, honey, syrup.	All others.
Beverages	Coffee, tea, carbonated beverages, cocoa	All others.

Full Liquid Diet – Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu Plan
Breakfast: Fruit Juice Cereal Gruel Milk Beverage	Orange Juice Cream of Wheat with Sugar (1cup) Milk Coffee with Cream and Sugar Margarine – 2 tsp.	
Noon Meal: Cream soup made with milk Fruit Juice Dessert Milk Beverage	Strained Cream of Pea Soup (6oz.) Apple Juice Ice Cream Milk Iced Tea with Sugar Eggnog	
Evening Meal: Cream Soup made with milk Fruit Juice Dessert Milk Beverage	Strained Cream of Tomato Soup (6oz.) Apricot Nectar Custard Milk Coffee with Cream and Sugar Eggnog	
Bedtime: Dessert Milk	Pudding Milk	