



## 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.

<b>Food Group</b>	<b>Food Allowed</b>	<b>Food Not Allowed</b>
<b>Milk Group</b>		
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.
<b>Vegetable And Fruit Group</b>		
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.	
<b>Bread And Cereal Group</b>		
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.
<b>Miscellaneous Foods</b>		
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.