

## Full Liquid Diet



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### Purpose

The full liquid diet is used as a step between a clear liquid diet and a regular diet. It is often used after surgery or fasting. It may be used after certain procedures, such as jaw wiring. This diet may also be appropriate for patients who have swallowing and chewing problems.

### Nutrition Facts

The full liquid diet is low in iron, vitamin B12, vitamin A, and thiamine. It should not be used for a long period of time unless vitamins, iron, or liquid nutritional supplements are added. This diet has 1800 mg of calcium, so extra calcium is not needed.

Food Groups		
Group	Recommend	Avoid
Milk & milk products	milk, milkshakes, eggnog, ice cream, custard, pudding	all cheeses
Vegetables	all vegetable juices	all raw or cooked vegetables

<b>Fruits</b>	all juice or nectar	all fresh, frozen, or canned fruit
<b>Breads &amp; grains</b>	cooked refined cereals; farina, grits, oatmeal, cream of rice, cream of wheat	all other cereals, all breads
<b>Meat or meat substitutes</b>	none	all
<b>Fats &amp; oils</b>	butter, margarine, cream	all others
<b>Sweets &amp; desserts</b>	sherbet, sugar, hard candy, plain gelatin, fruit ice, honey, syrups	all others
<b>Beverages</b>	all	none
<b>Soups</b>	broth, bouillon, strained creamed soups	all others

### Sample Menu

<b>Breakfast</b>	<b>Lunch &amp; Dinner</b>
<ul style="list-style-type: none"> <li>• fruit juice <i>1 cup</i></li> <li>• hot cereal <i>1/2 cup</i></li> <li>• eggnog <i>8 oz</i></li> <li>• whole milk <i>8 oz</i></li> <li>• hot tea with sugar &amp; lemon</li> </ul>	<ul style="list-style-type: none"> <li>• strained creamed soup <i>3/4 cup</i></li> <li>• juice <i>1 cup</i></li> <li>• ice cream <i>1/2 cup</i></li> <li>• pudding or custard <i>1/2 cup</i></li> <li>• whole milk <i>8 oz</i></li> <li>• hot tea with sugar &amp; lemon</li> <li>• salt/pepper</li> </ul>

### This Sample Diet Provides the Following

Calories	2100	Fat	80 mg
Protein	60 gm	Sodium	2975 mg
Carbohydrates	290 gm	Potassium	2900 mg