

# Full Liquid Diet

**Purpose:** The full liquid diet is often used as a step between a clear liquid diet and a regular diet, for example, after surgery or fasting. It may also 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.

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
<b>Milk &amp; milk products</b>	milk, milkshakes, eggnog, ice cream, custard, pudding	all cheeses
<b>Vegetables</b>	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

### Breakfast

- fruit juice *1 cup*
- hot cereal *1/2 cup*
- eggnog *8 oz*
- whole milk *8 oz*
- hot tea with sugar & lemon

### Lunch & Dinner

- strained creamed soup *3/4 cup*
- juice *1 cup*
- ice cream *1/2 cup*
- pudding or custard *1/2 cup*
- whole milk *8 oz*
- hot tea with sugar & lemon
- salt/pepper

