



Liquid Diet

Full Liquid Diet

General Description

This diet contains foods or beverages that are liquid or liquify at room temperature.

Indications for Use

This diet may be indicated as follows:

- To provide a transition between clear liquids and solid foods in advancing a diet.
- To provide oral nutrition intake for a patient having a fractured mandible, dental surgery, or any surgery to the face-neck area.
- To provide oral nutritional intake for a patient who has difficulty in chewing or swallowing.
- To provide oral nutritional intake for a patient unable to tolerate solid food.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet, in its unsupplemented form, is inadequate in all nutrients except ascorbic acid and calcium. The protein content may be met if adequate amounts of milk products are consumed. The diet is high in lactose, and could be contraindicated in some cases of lactose intolerance. The lactose content may be lowered by substituting lactose-hydrolyzed milk or lactose-free nutritional supplements. The diet may be modified for cholesterol, sodium, carbohydrate, and/or other dietary restrictions.

Full Liquid Diet

When the full liquid diet is used for an extended period of time, nutritional supplements must be included to provide an adequate nutrient intake.

Guideline

Food Groups	Food Allowed	Foods Not Allowed
Dairy	Milk, chocolate milk, buttermilk, eggnog, hot chocolate, milkshakes without seeds or whole fruit, instant breakfast drink, yogurt without seeds or whole fruit, lactose-hydrolyzed milk.	All others.
Meat or Substitute	None	None
Potato or Substitute	None	None
Vegetables	Tomato Juice, V-8 Juice.	All others.
Fruits & Fruit Juices	Any fruit juices and fruit drinks.	All others.
Bread & Cereals	Cooked refined cereals, such as cream of wheat, cream of rice, grits, and strained oatmeal.	All others.
Fats	Butter, margarine, cream, non-dairy creamer.	All others.
Beverages	Coffee, decaffeinated coffee, tea, carbonated beverages.	None
Soup	Blended or strained cream soups, broth, bouillon, consommé.	All others.
Desserts & Sweets	Gelatin, plain ice cream, plain pudding, fruit ices, custard.	All others.
Miscellaneous	Honey, sourballs, sugar, salt, lemon wedge.	All others.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Fruit Juice	Fruit Juice	Fruit Juice
Hot Cereal	Cream Soup, Strained	Cream Soup, Strained
Margarine	Allowed Dessert	Allowed Dessert
Milk	Milk	Milkshake
Eggnog	Beverage	Beverage
Beverage		