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.

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

Sample Menu

Breakfast	Lunch & Dinner
• fruit juice *1 cup* • hot cereal *1/2 cup* • eggnog *8 oz* • whole milk *8 oz* • hot tea with sugar & lemon	• 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

This Sample Diet Provides the Following			
Calories	2100	Fat	80 mg
Protein	60 gm	Sodium	2975 mg
Carbohydrates	290 gm	Potassium	2900 mg