

Full Liquid Diet

Diet prescribed by your provider

Definition:

- Often used as a transition from the Clear Liquid Diet to solid food after surgery.
- Includes options allowed on the Clear Liquid Diet PLUS includes milk and food items with small amounts of fiber.

Overview:

- Adequate in protein, fat and energy, but is often deficient in vitamins, minerals and fiber.
- Contains many milk-based items; offering nondairy alternatives for patients with lactose intolerance.
- Portion sizes may be modified for post-op bariatric surgery patients.

Foods Recommended:

Food Group	Specific Examples
Grains	Thin, hot cereal
Protein	NONE
Dairy	Milk, nondairy milk, ice cream, yogurt (no seeds or chunks), pudding
Vegetables	Vegetable juice without pulp, thin/pureed vegetable soup
Fruit	Translucent fruit juices without pulp (apple, cranberry, grape)
Other	Flavored gelatin, broth (chicken, beef, vegetable), Popsicle, sauces, melted margarine/butter
Beverages	Tea, Coffee, Water, Soda, Oral nutritional supplements

Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.