

- **Indication**

This diet is used post-operatively, usually during transition from clear liquid to regular diet. The consistency of foods is appropriate for those patients having difficulty swallowing over a short-term period as in oral surgery, plastic surgery of the face, or mandibular fractures.

- **Description**

The full liquid diet consists of foods which are liquid at room temperature or become liquid in the mouth.

- **Nutritional Adequacy**

This diet does not meet the Dietary Reference Intakes (DRI) for most nutrients. Supplementation is recommended if a patient is to be on a full liquid diet for > 3 days.

Food	Foods Allowed	Foods to Avoid
Beverage	Carbonated beverages, tea, coffee, coffee substitutes. At least three servings of milk and milk drinks.	None
Bread	None	All
Cereal	Cooked refined cereals	Any other
Dessert	Plain ice cream*, gelatin*, sherbet*, pudding*, smooth yogurt*, fruitice*	Any other, including fruited yogurt
Fat	Butter, cream or margarine in cereals, vegetable oil	Any other
Fruit	All fruit juices, nectar	Any other
Meat, Egg or Cheese	Soft custard, eggnog	Any other
Potato or Substitute	None, except in pureed soup	Any other
Soup	Broth, strained cream soups	Any other
Sweets	Sugar, plain sugar candy, honey, syrup	Any other
Vegetables	Vegetables pureed in soup	Vegetable juices
Miscellaneous	Salt, pepper, and flavorings or extracts	Any other

* For higher caloric content, can be mixed with commercial supplements.

Sample Daily Menu

Breakfast

½ c. Orange Juice
½ c. Cream of Wheat®

1 c. Low Fat Milk
6 oz. Coffee
1 oz. Creamer
Sugar, Salt and Pepper

Lunch

½ c. Apple Juice
6 oz. Blended and Strained Butternut
Squash Soup
½ c. Custard
1 c. Low Fat Milk
6 oz. Decaffeinated Coffee
1 oz. Creamer
Sugar, Salt and Pepper

Dinner

½ c. Cran-Grape Juice
6 oz. Blended and Strained Chicken
Noodle Soup
½ c. Chocolate Ice Cream
1 c. Low Fat Milk
6 oz. Decaffeinated Coffee
1 oz. Creamer
Sugar, Salt and Pepper

Variations:

Diabetic Full Liquid:

- **Indication**

This diet is used when a patient with Diabetes Mellitus must receive a full liquid diet.

- **Description**

This diet is based on the foods used in the standard full liquid diet with the exclusion of concentrated sweet deserts, such as regular puddings and custard. The total available glucose in the prescribed calorie level is used as a basis for determination of the meal pattern and amount of carbohydrate provided.

For more information please contact your Registered Dietitian at:

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