GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER

FULL LIQUID DIET

Description
The full liquid diet provides foods that are liquid or semi liquid at room temperature.

Indications for Use
The full liquid diet is used for patients who are unable to chew, swallow or digest solid food. The diet is most often used as a transition diet from clear liquids to solid food after surgery or acute illness. The diet may also be used for patients with esophageal or stomach disorders in which solid foods are not tolerated or for patients who are too ill to eat solid food.

Nutritional Adequacy
The full liquid diet is inadequate in all nutrients except protein, calcium, and Vitamin C. with the addition of liquid nutritional supplements, the nutrient value of the diet is increased. If the diet is used longer than two weeks, a liquid multivitamin and mineral supplement is recommended.

Dietary Guide

Full Liquid Diet	Foods Allowed
Beverages	Coffee, tea, decaffeinated coffee, tea, herbal tea, carbonated beverages, fruit-flavored beverages
Breads	NONE
Cereals	Refined or strained cooked cereal
Desserts and sweets	Fruit flavored or plain gelatin, custards, puddings, ice cream, sherbet, fruit ice, sorbet, popsicles, hard candy, sugar, honey, syrup, sugar substitutes
Fats	Cream, half and half, non dairy creamer, margarine, butter, oil
Fruits	All fruit juices (include one serving of Vitamin C rich juice daily)

Meats and meat substitutes	NONE
Potatoes and potato substitutes	NONE
Soups	Bouillon, broth, consommé, cream soups (strained or pureed), strained soups
Vegetables	All vegetable juices
Miscellaneous	Salt, mild seasonings, liquid nutritional supplements

Meal Plan

Breakfast	Lunch	Dinner
Peach nectar ¾ cup Cream of wheat 1 cup Low fat 1% milk 1 cup Coffee, creamer	Cream soup 1 cup Custard-style yogurt ¾ cup Sherbet ½ cup Low fat 1% milk 1 cup Coffee, creamer	Strained vegetable beef soup 1 cup Pudding ½ cup Low fat 1% milk 1 cup Apple juice ½ cup Decaffeinated coffee, creamer