

Full Liquid Diet

The full liquid diet is often used as a step between a clear liquid diet and a regular diet. It may be appropriate for persons who have chewing or swallowing problems. This diet should only be used for a short period of time as it is low in some nutrients. This diet should only be followed at the recommendation of your doctor. Your doctor will tell you when you can return to your regular diet.

If you must follow this diet for more than one week, ask your doctor about adding a supplement like Ensure to your diet. You should see a registered dietitian if you need to follow this diet for more than a few weeks or if you are losing more than two pounds a week.

Food Group	Recommend	Avoid
Dairy	Milk; milkshakes without solids such as fruit or candy; yogurt without fruit pieces; eggnog; smooth ice cream without pieces of nuts or fruit; custard; pudding	Ice cream with solids such as nuts; milkshakes with solids such as candy; cheese; cottage cheese
Vegetables	Tomato and vegetable juice	All raw and cooked vegetables
Fruit	All fruit juice and nectar	All fresh, frozen or canned fruit
Bread/starch	Cooked refined cereal such as cream of wheat, cream of rice, grits	All other breads and cereals
Meat/protein	None	All
Fat	Butter, margarine, cream	All others
Sweets/desserts	Sherbet, sugar, hard clear candy, plain flavored gelatin, fruit ice, popsicles, honey, syrup	All others
Beverages	All	None
Soups	Broth, bouillon, strained cream soup	All others

Sample menu:

Breakfast – 1 cup juice, 1 cup cream of wheat, 8 ounces milk, coffee with cream and sugar

Snack – 1 carton vanilla yogurt

Lunch – 1 cup juice, 1 cup broth, ½ cup gelatin, 8 ounces milk

Snack – 1 popsicle

Dinner – 1 cup juice, 1 cup strained tomato soup, ½ cup vanilla ice cream, 8 ounces milk, hot tea

Snack – ½ cup chocolate pudding

Please call the St. Luke's Nutrition Center if you have questions – 319/369-7440.