

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

# Full Liquid Nutrition Therapy

The full liquid diet includes mostly liquids (including milk) and some foods with small amounts of fiber. The full liquid diet can provide many of the nutrients your body needs, but it may not give enough vitamins, minerals, and fiber.

A fluid is anything that is liquid or anything that would melt if left at room temperature. You will need to count these foods and liquids—including any liquid used to take medication—as part of your daily fluid intake. Some examples are:

- Coffee, tea, and other hot beverages
- Gelatin
- Gravy
- Ice cream, sherbet, sorbet
- Ice cubes, ice chips
- Milk, liquid creamer
- Nutritional supplements

- Popsicles
- Vegetable and fruit juices; fluid in canned fruit (fruit itself is not allowed)
- Yogurt (without nuts, seeds, or fruit)
- Soft drinks, lemonade, limeade
- Soups (strained)
- Syrup

This diet should only be used temporarily during your recovery until it is safe for you to eat regular foods. Your registered dietitian nutritionist can help establish a nutritionally balanced full liquid meal plan, if needed.

## Tips

- Determine which foods/fluids from the list are most appealing to you.
- Eat or drink your favorite flavors to help you better enjoy this diet.
- Include milk-based fluids and juices. If you are lactose intolerant, choose plant-based milks.
- Eat 3 full liquid meals throughout the day and include a snack time between each meal.
- Drink nutritional shakes in 6-8 ounce servings as part of a meal or between meals to make sure you're taking in enough calories. You can make fortified shakes for yourself or buy them premade at a store.

# Foods Recommended

Food Group	Foods Recommended
Grains	<ul style="list-style-type: none"><li>▶ Thin hot cereal, such as cream of wheat</li></ul>
Dairy	<ul style="list-style-type: none"><li>▶ Milk: Nonfat, 1%, 2%, whole</li><li>▶ Soy milk, almond milk, rice milk, coconut milk, cashew milk</li><li>▶ Milkshakes</li><li>▶ Yogurt</li><li>▶ Custard</li><li>▶ Pudding</li></ul>
Vegetables	<ul style="list-style-type: none"><li>▶ Vegetable juice with or without pulp</li><li>▶ Thin, pureed vegetable soups</li></ul>
Fruits	<ul style="list-style-type: none"><li>▶ Translucent fruit juices without pulp (apple, cranberry, grape)</li></ul>
Oils	<ul style="list-style-type: none"><li>▶ Oils: Almond, avocado, canola, cashew, corn, grapeseed, olive, safflower, sesame, soybean, sunflower</li><li>▶ Butter (melted)</li><li>▶ Margarine (melted)</li></ul>
Other	<ul style="list-style-type: none"><li>▶ Flavored gelatin</li><li>▶ Strained cream soups</li><li>▶ Chicken, beef, or vegetable broths</li><li>▶ Popsicle</li></ul>
Beverages	<ul style="list-style-type: none"><li>▶ Water</li><li>▶ Ice</li><li>▶ Soda</li><li>▶ Tea</li><li>▶ Coffee</li><li>▶ Nutritional supplements or shakes</li></ul>

# Foods Not Recommended

Food Group	Foods Not Recommended
Grains	<ul style="list-style-type: none"><li>▶ All grain foods including whole grains, processed grains such as pasta, rice, cold cereals, bread, snacks, and sweets that are flour-based (cakes, cookies)</li></ul>
Protein Foods	<ul style="list-style-type: none"><li>▶ Beef and pork</li><li>▶ Chicken and turkey</li><li>▶ Fish</li><li>▶ Nuts and nut butters</li><li>▶ Eggs</li><li>▶ Meat substitutes</li><li>▶ Cold cuts or lunch meat</li><li>▶ Sausage</li></ul>
Dairy	<ul style="list-style-type: none"><li>▶ Hard cheese</li><li>▶ Yogurt with fruit chunks</li></ul>
Vegetables	<ul style="list-style-type: none"><li>▶ Whole, frozen, fresh, canned varieties</li></ul>
Fruits	<ul style="list-style-type: none"><li>▶ Whole, frozen, fresh, canned varieties</li></ul>
Oils	<ul style="list-style-type: none"><li>▶ Butter</li><li>▶ Coconut oil</li><li>▶ Palm oil</li><li>▶ Lard</li></ul>

## Full Liquid Diet Sample 1-Day Menu

Meal	Menu
<b>Breakfast</b>	<ul style="list-style-type: none"><li>■ 1 cup cream of wheat</li><li>■ 1 cup yogurt (without nuts, seeds, or fruit)</li><li>■ ½ cup orange juice (without pulp)</li><li>■ ½ cup high-protein nutritional shake</li><li>■ 1 cup coffee</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>■ 1 cup cream of potato soup, blended and strained</li><li>■ ½ cup apple juice</li><li>■ 1 cup 1% milk</li><li>■ 1 cup tea</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>■ 1 cup cream of broccoli soup, blended and strained</li><li>■ 1 cup 1% milk</li><li>■ 1 cup high-protein nutritional shake</li></ul>

A high-protein shake should contain at least 8-10 grams of protein per serving. Read product labels to find a shake that is high in protein. If you are preparing the shake at home, you can increase the amount of protein by adding protein powder, non-fat dry milk powder, yogurt, or low-fat milk.

# Sample Meal Plan

Use this form to create an individualized meal plan.

**Meal**

**Menu**

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**Breakfast**

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**Lunch**

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**Dinner**

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**Snack**

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**Notes:**