

FULL LIQUID DIET

PATIENT/FAMILY INFORMATION SHEET

What is a full liquid diet?

When your doctor orders a full liquid diet for you, it means that you must consume only foods or beverages that are liquid, or that become liquid at room temperature. Some examples of “full liquids” include ice cream, creamed or strained soups, pudding, milkshakes, and farina.

Why do I need to follow a full liquid diet?

A full liquid diet is often prescribed in preparation for surgery or for recovery shortly after surgery or childbirth. A full liquid diet helps to maintain vital body fluids, salts, and minerals, while providing some energy when your normal food intake must be interrupted. Full liquids are easily absorbed by the body.

Is a full liquid diet safe to follow?

A full liquid diet, when properly designed and consumed, is safe to follow for short periods of time. The American Dietetic Association (ADA) standard for a full liquid diet recommends the liquids described above, contain 1350-1500 calories and 45 grams of protein.

Is a full liquid diet safe for diabetics?

Diabetics can take a full liquid diet when their normal food intake is interrupted for a short period of time. Full liquids provide a source of carbohydrates for those on medications to treat diabetes, such as insulin or oral hypoglycemic agents.

How can I get more information?

It is often difficult to plan a meal by yourself, especially if your diet has recently been changed. If you have questions about your diet, please call to contact a Greenwich Hospital Registered Dietitian or one of the following resources:

Organization	Phone
Greenwich Hospital Food and Nutrition Services	203.863.5211
American Dietetic Association	800.877.1600
Web Resources	
<input type="checkbox"/> American Dietetic Association www.eatright.org	
<input type="checkbox"/> United States Food and Drug Administration: http://www.cfsan.fda.gov/~dms/foodlab.html .	

For more Patient Education Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and click on Patients & Visitors, then Patient Education. Rev. 9/04