

3

# Full Liquid Diet

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

NRS  
DATE INITIAL

--	--

- I. **The client/caregiver can define the full liquid diet.**
  - A. It consists of foods that are liquid at body temperature, including gels and frozen liquids.
  - B. This diet provides nutrition that is easy to consume and digest with little stimulation to the gastrointestinal tract.
  
- II. **The client/caregiver can list purpose of full liquid diet.**
  - A. It is used for transitional diet after clear liquid.
  - B. It is used after oral surgery or plastic surgery of the face or neck.
  - C. It is used when a chewing or swallowing dysfunction is present.
  - D. Modify the diet if the client has established or temporary lactose intolerance.

NRS  
DATE INITIAL

--	--

- III. **The client/caregiver can list foods allowed on a full liquid diet.**
  - A. Carbonated beverages
  - B. Regular or decaffeinated coffee and tea
  - C. Soft drinks and cocoa
  - D. Cooked refined cereal, farina, cream of rice, or strained cereals and custard, plain gelatin, ice cream, sherbet, pudding, yogurt (all without nuts, fruits, or preserves)
  - E. Eggnog, milk shakes, and other milk drinks
  - F. Butter, margarine, and cream
  - G. Fruit and vegetable juices, including one serving of citrus fruit juice daily
  - H. Broth, bouillon, consommé, and strained cream soup