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# Full Liquid Blenderized Diet

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

NRS  
DATE INITIAL

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**I. The client/caregiver can define a full liquid blenderized diet.**

- A. It is a diet consisting of a variety of liquids and semisolid foods that have been thinned to a consistency that can be consumed through a straw or sipped from a cup.
- B. This diet can provide more energy and nutrients than the full liquid diet.

**II. The client/caregiver can list the purpose of full liquid blenderized diet.**

- A. It is used to provide oral nourishment in a form that requires no chewing.
- B. It is used with client after oral, face, or neck surgery or trauma.
- C. It is used with clients who have oral esophageal disorders or neuromuscular problems.
- D. It is used with clients who have received radiation or chemotherapy and have eating problems.

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**III. The client/caregiver can list foods used in a full liquid blenderized diet.**

- A. Milk, eggnog, milk shakes, and milk drinks
- B. All beverages, including coffee and tea
- C. Yogurt without seeds or fruit and thinned for straw feeding
- D. Farina, cream of rice, grits, strained oatmeal, or cream of wheat mixed with equal parts whole milk. Iron-fortified cereals are recommended
- E. Mashed white potato, thinned with soup or broth, vegetable juices, and vegetable purees, thinned with soup
- F. Fruit juice or pureed fruit thinned with fruit juice, strained if necessary; citrus juices less tolerated
- G. Pureed meats and poultry thinned with broth
- H. Broth and strained cream soups
- I. Ice cream, sherbet, custards, puddings, and fruit juices thinned
- J. Salt, pepper, herbs, lemon juice, and other seasonings as tolerated