



**Healthy Eating tips
Liquid/Fluid Diets**

Clear liquid diet is prescribed to help prevent dehydration for preoperative or postoperative patients; patients with an acute inflammatory condition or the gastrointestinal tract; in acute stages of many illnesses, or in condition when it is necessary to minimize fecal material (residue free). This diet is inadequate in all main nutrients and should not be used for more than 3 days without close supervision or supplementation.

Food Classification	Suggested Daily Servings	Recommended choices
Milk And milk products	As allowed by practitioner	No milk. Only low residue nutritional supplements (such as Ensure) as allowed by medical practitioner.
Fruits	As desires	Clear fruit juices: apple, cranberry, crangrape, grape and strained juices: cherry, orange and grapefruit.
Sweets	1 or <1 per day	Flavored and unflavored gelatin; popsicles; fruit ice made without milk; sugar, honey, syrup, hard candy, sugar substitutes.
Fluids	6-8 cups	Water and other fluids, such as coffee, tea, or soft drink-carbonated beverages (carbonated beverages) or nutritional supplements approved for clear liquids such as Resource, Boost Breeze, Enlive, and NuBasics fruit beverage drinks. Sports drinks.
Soup	As desired	Fat-free clear broth and bouillon

Full liquid diet or blenderized liquid diet is prescribed for postoperative patients following the clear liquid diet; patients who are acutely ill and patients who cannot chew or swallow solid or pureed food.

Food Classification	Suggested Daily Servings	Recommended choices
Milk And milk products	As desires	As a beverage and in cooking; milk in milk drinks, such as eggnog, milk shakes, or malted milk; in strained cream soups; yogurt without pieces or seeds. Nutritional supplements.
Meat	2-3	Eggs in eggnog, soft custard, pureed meats added to broth or cream soups.
Fruits	1 cup or more	All fruit juices and pureed fruits without seeds.
Vegetables	1 cup or more	Mild flavored vegetables such as asparagus, carrots, green beans, peas, spinach, potatoes pureed and combined with clear broth, cream soup, plain or flavored gelatin; vegetable juices.
Grains	1 or more servings	Refined or strained cooked cereals that have been thinned with hot milk or hot half and half.
Fats/oils	4 servings	Vegetable oils, fortified margarine or butter, cream, or non-dairy creamer.
Sweets	As desired to meet calorie needs	Flavored and unflavored gelatin; popsicles; fruit ice made without milk; sugar, honey, syrup, hard candy, sugar substitutes, custards, ice cream, puddings, sherbet,
Fluids	6-8 cups	Water and other fluids, such as coffee, tea, or soft drink-carbonated beverages (carbonated beverages) or nutritional supplements approved for clear liquids such as Resource, Boost Breeze, Enlive, and NuBasics fruit beverage drinks.
Soup	As desired	Strained soups or soups pureed so as to contain no chunks. Fat-free clear broth and bouillon

Source: 12th Edition Simplified Diet Manual, 12-16 JMK