

Full Liquid Diet

Description

The full liquid diet included the foods allowed on the clear liquid diet with the addition of milk and small amounts of fiber. The practical effect of these additions is that thin cereal or gruel, strained cream soups, milkshakes, custard and pudding could be provided along with juices or nectars that contain pulp. The full liquid diet is adequate in energy, protein and fat but may be inadequate in vitamins, minerals and bioactive substances including fiber.

Indications

The traditional indication for the full liquid diet is for short term use as a transition step between the clear liquid and soft diets following gastrointestinal surgery

Contradictions

The full liquid diet is contraindicated for patients with lactose intolerance, for patients who can tolerate solid foods, and for patients who cannot tolerate thin liquids. Because it is deficient in vitamins and minerals it is contraindicated for long term use.

A search of the English literature reveals that there are no data supporting the use of a full liquid diet as part of a postoperative diet progression. The trend toward early postoperative discharge has rendered elaborate postoperative diet regimens impractical therefore the full liquid diet is no longer widely advocated or used. For patients with chewing or swallowing difficulties that may benefit from a liquid diet, dysphagia diets are recommended.