

Full Fluid Diet

NOT for Patient after Bariatric Surgery

What is a full fluid diet?

A full fluid diet includes foods that are liquid or become liquid at room temperature as well as some foods that contain limited amounts of fibre. Solid food that is blended into a liquid is NOT considered a full fluid (e.g. Fruit and vegetable smoothies or pureed food are NOT allowed).

Why do I need to have this type of diet?

The full fluid diet is designed for patients who have difficulty digesting solid foods. After gastrointestinal surgery, your surgeon or dietitian may instruct you to follow this diet for a short period of time before eating regular solid food again.

This diet may also be appropriate for patients with partial bowel obstructions or swallowing and chewing difficulties (e.g. jaw surgery or dysphagia). If you have dysphagia (difficulty in swallowing), a dietitian and speech language pathologist will provide you with more specific information regarding the appropriate fluid thickness for your swallowing safety.

Please keep in mind that a full fluid diet is meant for temporary durations only.

The date and type of surgery you had: _____

You need to stay on full fluids for this duration: _____

Afterwards, progress to: _____

If you have questions for a dietitian, please contact Dietitian Services at HealthLink BC

- by dialling **8-1-1** Monday-Friday 9:00 a.m.–5:00 p.m. or
- go to www.healthlinkbc.ca/dietitian 24 hours a day, 7 days a week

What can I have on a full fluid diet?

	Recommended Choices	Foods to Avoid
Milk and Alternatives	<ul style="list-style-type: none"> • Milk, chocolate milk • Cream, half and half • Sour cream, buttermilk • Cottage cheese • Milkshakes, eggnog • Plain/vanilla yogurt, kefir • Fortified milk alternatives: soy milk, almond milk, cashew milk, rice milk, oat milk • Lactose free milk (e.g. Lactaid) 	<ul style="list-style-type: none"> • All others containing solid pieces of nuts/seeds, or fruits/vegetables, including: <ul style="list-style-type: none"> • Yogurts • Shakes • Milks
*Cereals (see instructions)	<ul style="list-style-type: none"> • Cooked and thinned hot cereal such as plain instant oatmeal or plain cream of wheat • Thinned plain congee 	<ul style="list-style-type: none"> • All others containing solid pieces of food including fruit/nuts/seeds
Fruits and Vegetables	<ul style="list-style-type: none"> • Fruit and vegetable JUICE ONLY (no pulp) 	<ul style="list-style-type: none"> • All others, including: <ul style="list-style-type: none"> • Smoothies • Blended or pureed fruits/vegetables
Soups	<ul style="list-style-type: none"> • Strained (NOT blended) cream soups • Broth • Consomme 	<ul style="list-style-type: none"> • All others, including: <ul style="list-style-type: none"> • Pureed soups
Desserts	<ul style="list-style-type: none"> • High protein pudding • Dessert tofu • Custard • Whipped cream • Mousse • Ice cream • Fruit juice popsicles • Sherbet • Shaved ice/milk 	<ul style="list-style-type: none"> • All others including: <ul style="list-style-type: none"> • Rice or tapioca pudding • Desserts containing solid pieces such as dried fruit, desiccated coconut, nuts/seeds
Beverages	<ul style="list-style-type: none"> • Tea • Coffee, • Juice • Kombucha • Sports drinks (e.g. Gatorade or Powerade) • Oral nutritional supplements (e.g. Boost, Ensure, protein shakes) 	<ul style="list-style-type: none"> • All others containing solid pieces such as chia seeds, fruit or vegetable pulp.

***Recommended ratio of liquid to cereal**

- 1 cup water or milk
- 1/3 cup instant oatmeal or cream of wheat

Consistency of hot cereals and congee should be thin enough to run off a spoon steadily and leave no residue.

How to add more calories and protein

The full fluid diet does not provide adequate calories and protein. Supplement your intake with nutritional supplements and choose nutrient dense food:

High Calorie	High Protein
<ul style="list-style-type: none">• Commercial supplement drinks:<ul style="list-style-type: none">• Ensure• Boost• Boost Fruit Beverage• Whole milk• Buttermilk• Coconut milk• Cream• Half and half• Sour cream• Butter/margarine• Ice cream	<ul style="list-style-type: none">• Protein Powder (whey or soy protein)• Protein shakes• Skim milk powder• Plain Greek yogurt• Plain kefir• Custard

Sample Menu

Breakfast:

- $\frac{1}{3}$ cup thin oatmeal made with 1 cup milk and 1 scoop Boost Just Protein powder
 - $\frac{3}{4}$ cup plain/vanilla Greek yogurt (no solid pieces)
- (475 calories, 22g protein)*

AM Snack:

- $\frac{1}{2}$ bottle nutrition supplement (e.g. Boost PLUS calories /Ensure PLUS)
- (180 calories, 7g protein)*

Lunch:

- 1 cup strained cream soup with 1 scoop Boost Just Protein powder
 - $\frac{1}{2}$ cup milk
 - $\frac{1}{2}$ cup high protein custard/pudding OR $\frac{3}{4}$ cup Greek plain/vanilla yogurt (no solid pieces)
- (525 calories, 23g protein)*

PM Snack:

- $\frac{1}{2}$ bottle nutrition supplement (e.g. Boost PLUS calories/Ensure PLUS)
- (180 calories, 7g protein)*

Dinner:

- 1 cup strained cream soup with 1 scoop Boost Just Protein powder
 - $\frac{1}{2}$ cup milk
 - $\frac{1}{2}$ cup high protein custard/pudding OR $\frac{3}{4}$ cup Greek plain/vanilla yogurt (no solid pieces)
- (525 calories, 23g protein)*

Daily Total: approximately 1885 calories, 82g protein



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