

Full Liquid & Soft Diet

Phase 1: Full Liquid/ Pureed Foods: WEEKS 1 & 2 following surgery

This phase of your diet consists of foods that are liquid, liquefy at room temperature or have the same texture as pudding. You can use commercially prepared baby foods, or “blenderize” foods yourself.

Phase 2: Soft and Moist Foods: WEEKS 3 & 4 following surgery

In this phase, you may advance to soft, moist foods.

Tips:

- Moisten your food with sauces or gravies and be sure to chew the food very well before swallowing.
- You may find that you can only eat small amounts of food at one time. If this happens, plan smaller meals and add nutritious snacks.
- You should eat two (2) or more servings of milk products and at least six (6) ounces of meat, poultry or fish each day. You may also use nutritional supplements (see examples listed in this guide).
- Have a sip of liquid after every bite of food
- Very hot and very cold foods and beverages may not be well tolerated. Also, you should avoid carbonated beverages.

Phase 1: Full Liquid/ Pureed Foods:

<u>FOOD GROUP</u>	<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Milk and Other Dairy Products	Milk: whole, low fat, skim, buttermilk, chocolate; plain yogurt, milk-based hot chocolate drinks.	Yogurt that contains fruit, nuts, seeds or coconut.
Meat and Meat Alternatives	Pureed baby meats; eggs cooked in custard or pudding; eggnog; cheese melted in cream soup.	All others
Bread, Cereal and Starch	Cream of rice, cream of wheat, farina, grits; strained, pureed or baby oatmeal. Make cereals thin and “soupy”.	All others
Vegetable	Vegetable juices, pureed vegetables (can be added to cream soups or broth).	All others.
Fruit	Fruit juice, pureed fruit, applesauce.	All others.
Soup	Bouillon or broth. Strained cream soup, may contain pureed vegetables, creamed meat or melted cheese.	All others.
Desserts	Pudding, custard, Jell-O, plain ice cream or frozen yogurt, sherbet, fruit ice, popsicles.	All others.

Beverages

Coffee, tea, coffee substitutes, cocoa, lemonade, Kool-Aid, Crystal Light, and Gatorade.

Carbonated beverages, beer.

Phase 1: Full Liquid/ Pureed Foods: (continued)

<u>FOOD GROUP</u>	<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Fats	Butter, margarine, oil, cream, sour cream.	All others.
Supplements	Ensure, Sustacal, Ultracal, Boost, Carnation Instant Breakfast, Glucerna.	All others.
Miscellaneous	Sugar, syrup, salt, chocolate syrup.	All others.

Phase 1: SAMPLE MENU

BREAKFAST	Orange juice without pulp. Grits with butter, margarine or melted cheese Milk 2% Coffee, cream, sugar, salt, pepper (as desired)
Mid-morning Snack	Vanilla pudding or Carnation Instant Breakfast
LUNCH	Cream of tomato soup Pineapple juice Butterscotch pudding 2% Milk Iced tea, sugar, salt, pepper, (as desired)
Afternoon Snack	Custard style yogurt
DINNER	Strained cream of mushroom soup Cranberry juice Chocolate pudding 2% Milk Iced tea, sugar, salt, pepper, (as desired)
Evening Snack	Vanilla ice cream

Phase 2: Soft and Moist Foods:

<u>FOOD GROUP</u>	<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Milk (2 or more servings)	Milk, milk shakes, yogurt, ice cream.	Any yogurt product containing dried fruit or nuts.
Meat and Meat Alternatives	Ground chicken, turkey, beef and pork moistened with gravy or sauce. Fish and tuna. Grated cheese, cottage cheese, melted cheese. Soft cooked eggs. Diced beans, peas, and tofu.	Large chunks of dry meat; hard cheese.
Bread, Cereals and Starches	Bread and rolls soaked in a liquid; small crumbled pieces of cornbread in soup or milk. Dry cereals soaked in milk; cooked cereals. Soft cooked pasta with sauce, macaroni and cheese. Mashed and soft cooked potatoes.	Dry loaf bread or rolls, hard pastry such as biscuits. any cereal product containing dried fruit or nuts. Fried potatoes.

Phase 2: Soft and Moist Foods: Continued

<u>FOOD GROUP</u>	<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Fruits	Soft cooked, canned or frozen fruits, ripe bananas. Fruit juices.	Fresh or dried fruit. No hard, unripe bananas.
Soup	Soups made with small pieces of soft vegetables and meats.	Soups made with pieces of raw fruits or vegetables.
Desserts	Pudding, custard, Jell-O, sherbet, sorbet, fruit ice, popsicles, ice cream.	Pies, cakes and cookies. Any dessert with raw or dried fruits or nuts.
Beverages	Room temperature or cool beverages; nutritional supplements; alcohol in moderation.	Carbonated beverages, beer.
Fats	Butter, margarine, sour cream, cream sauce, ground bacon, oil, mayonnaise.	Nuts.
Miscellaneous	Hard candy, sugar, syrup.	Hard chocolates; candy bars containing dried fruit or nuts.

Phase 2: SAMPLE MENU

BREAKFAST	Orange juice Poached egg Grits with cheese or margarine Ground bacon Milk 2% Coffee, cream Sugar, salt, pepper, (as desired)
Mid-morning Snack	Tuna with mayonnaise Apple Juice
LUNCH	Cream of chicken soup Soft roll (moisten with soup) Cottage cheese and canned peaches 2% Milk Tomato juice Sugar, salt, pepper, (as desired)
Afternoon Snack	Fruited yogurt
DINNER	Ground beef with gravy Potatoes, mashed with milk and margarine English peas 2 % Milk Jell-O with fruit cocktail Sugar, salt, pepper, (as desired)
Evening Snack	Corn Flakes (let the cereal get "soggy") 2 %Milk, sugar