

# Liquid Diets and Modifications

Dana Issa Marbu'

# Clear Liquid Diet

- **Use:**

- Preoperative and postoperative patients ( colonoscopy).
- Acute gastrointestinal illness to prevent dehydration.
- Reduce fecal residue.
- Reintroduce the food.

- **Adequacy:**

- Inadequate in all nutrients for all patients of all ages.
- It is used only when necessary.
- It should not be used more than 3 to 4 days without supplementations.
- It may provide a source of protein and some vitamins and minerals, but it is not a sole of nutrition.

# Clear Liquid Diet

- Diet Principles:

- 1- Clear liquids; transparent and liquid at room temp.
- 2- Mainly composed of water, sugar and salt.
- 3- Provide fluids to avoid any stimulation of digestive process.
- 4- Initiate oral feeding, to promote normal intake.
- 5- Should be offered every 2-3 hours.

# Clear Liquid Diet

**Table 4.1** Clear Liquid

Food for the Day	
<b>Fruits</b>	Strained fruit juices: apple, cherry, cranapple, cranberry, crangrape, grape, orange, grapefruit, lemon
<b>Soup</b>	Fat-free clear broth and bouillon
<b>Added Sugars</b>	Flavored and unflavored gelatin; popsicles; fruit ice made without milk; sugar, honey, syrup; hard candy; sugar substitutes
<b>Fluids</b>	Coffee, tea, carbonated beverages, clear fruit beverage drinks, clear liquid nutritional supplement beverage drinks, sports drinks

# Clear Liquid Diet



# Full liquid Diet

- **Use:**
  - For postoperative patients, between clear liquid diet and soft diet.
- **Adequacy:**
  - usually inadequate; low in vitamins, minerals and fiber.
  - Recommended for temporary use.
  - Only to max 7 days.

# Full liquid Diet

- Diet principles:

1- Includes foods that are liquid at room temp. and tolerated by the patient.

2- Low fat free milk should be included, Lactose- free.

3- modifications in carbs level should be taken into consideration for diabetic patients ( 200 g)

# Full liquid Diet

**Table 4.3** Full Liquid

Food for the Day	
<b>Vegetables</b> 1 cup or more (including potatoes)	Potato, strained in cream soups; other mild-flavored vegetables, such as asparagus, carrots, green beans, peas, or spinach, strained and combined with clear broth, cream soup, plain or flavored gelatin; vegetable juices
<b>Fruits</b> 1 cup or more	Citrus and other fruit juices; pureed fruit without seeds
<b>Grains</b> 1 or more servings	Refined or strained cooked cereals that have been thinned with hot milk or hot half-and-half

(Continued)

**Table 4.3** (Continued)

Food for the Day	
<b>Dairy Products</b> 2-3 servings	As a beverage and in cooking; milk in milk drinks, such as eggnog, milk shake, or malted milk; in strained cream soups; yogurt without fruit pieces or seeds, melted cheese
<i>Note: Do not serve raw egg. Use blended baked custard, soft custard with added milk, or a commercial mixture that is pasteurized.</i>	
<b>Protein Foods</b> 2-7 ounce-equivalents	Eggs in eggnog, soft custard; pureed meat added to broth or cream soup
<b>Added Sugars</b>	Sugar, honey, sugar substitutes, syrup
<b>Fluids</b>	Coffee, tea, carbonated beverages, flavored waters, sports drinks
<b>Other</b>	Broth or strained cream soup combined with allowed strained vegetables; soft or baked custard, flavored and unflavored gelatin, plain ice cream, pudding, sherbet, popsicles, fruit ices, flavorings and mild spices in moderation; nutritional supplement beverages

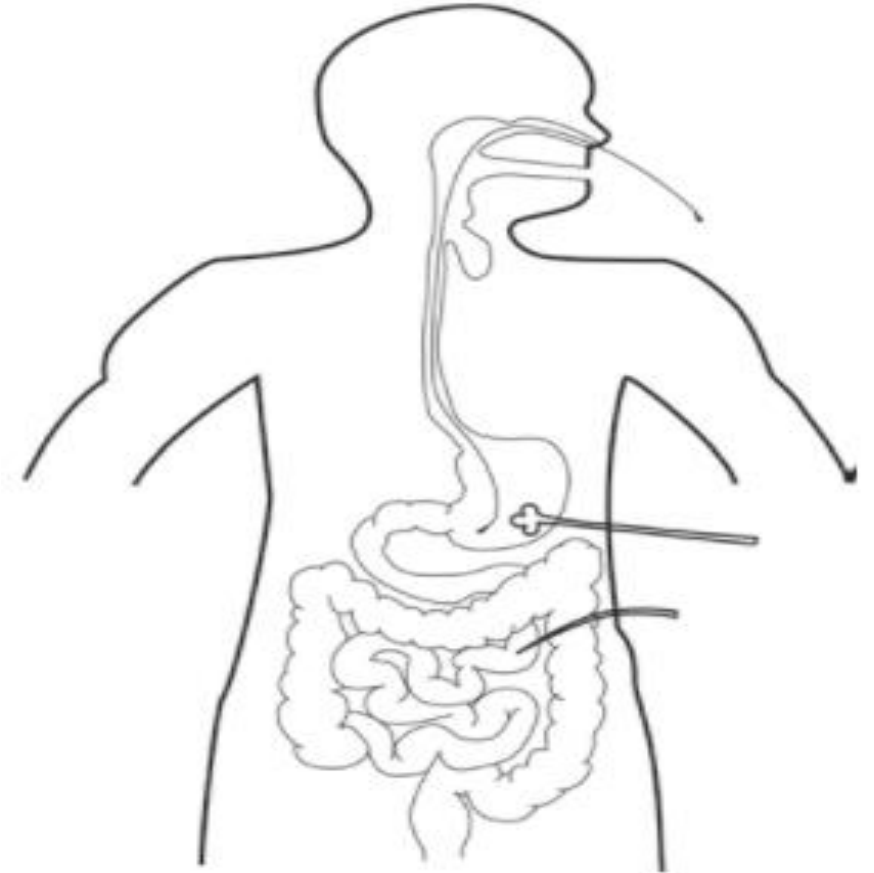


# Enteral Nutrition/ Tube Feeding

- Enteral nutrition, or tube feeding, is a liquid food composed of carbohydrates, fat, protein, micronutrients, and fluid which enters the human body through a tube in the nose, mouth, stomach, or small intestine.
- Nasogastric tube ( inserted through the nose); 6-weeks.
- Gastrostomy ( directly through the skin); long term use.

# Enteral Nutrition/ Tube Feeding

- **Cancer**, such as head and neck cancers, or cancer treatment that makes it difficult or painful to swallow.
- **Neurological problems**, such as stroke or any conditions which impair swallowing
- After some types of operations on the face, neck, throat, or stomach



# Enteral Nutrition/ Tube Feeding

- **Use:**

- Physically or psychologically unable to take the food orally.
- Support the oral intake or the sole source of nutrition.

- **Adequacy :**

Most enteral feedings will be nutritionally adequate when given in recommended amounts.

# Enteral Nutrition/ Tube Feeding

- **Diet principles:**

1- Enteral feeding products based on the medical condition.

2- Four major complications:

- Mechanical ( inaccurate administration, tube displacement)
- Metabolic ( hyperglycemia)
- Gastrointestinal ( diarrhea, nausea, vomiting)
- Respiratory ( labored breathing)

# Enteral Nutrition/ Tube Feeding

- Gosmanov, A. R., & Umpierrez, G. E. (2013). Management of hyperglycemia during enteral and parenteral nutrition therapy. *Current diabetes reports*, *13*(1), 155–162.  
<https://doi.org/10.1007/s11892-012-0335-y>