



## FULL LIQUIDS

(48hrs-7 days after surgery)

This phase provides foods that are liquid in nature and should be thin enough to pass through a straw. Semi-liquids need to be thin or runny at this stage. You will start with small amounts of these liquids because you will feel full quickly.

### THE GOALS OF THIS PHASE

- Eat 3-4 ounces or 1/2 cup of semi-liquid food at each meal.
- Remember, It is important to keep well hydrated. Sip fluids throughout the day; attempt to consume 48 to 64 ounces per day. Optimum intake is 6-8 ounces every hour.
- Start taking your Chewable vitamin supplement with minerals.

### Protein Source

- ✓ Pureed egg substitute or scrambled eggs only
- ✓ Milk - skim or 1% Milk, Lactaid milk
- ✓ Sugar Free carnation instant breakfast
- ✓ Ensure or Boost
- ✓ Yogurt
- ✓ Refried beans
- ✗ **AVOID ALL OTHER OPTIONS**

### Soup

- ✓ Pureed, strained -smooth soups made with added milk (may add non-fat dry milk)
- ✓ Egg drop soup
- ✓ Reduced fat strained cream soups Broth or bouillon
- ✗ **AVOID ALL OTHERS**

### Other Beverages

- ✓ All beverage choices from Phase I
- ✓ Sugar-free hot chocolate
- ✓ Vegetable juice
- ✓ Regular or decaffeinated coffee, tea
- ✓ Sugar substitutes may be added
- ✓ Caffeine in moderation
- ✗ **AVOID**
  - **Fruit drinks**
  - **Sport drinks**
  - **Soda**
  - **Milkshakes**
  - **Alcohol**

### Cereals

- ✓ Smooth, refined cereal like oatmeal or cream of wheat- thinned with milk
- ✗ **AVOID ALL OTHERS**

### Sample Menu for PHASE II:

#### Full Liquids

|                      |                    |  |
|----------------------|--------------------|--|
| <b>Breakfast</b>     | 8:00 am - 8:30 am  | ¼ cup cream of wheat<br>¼ cup milk   |
| <b>Mid Morning</b>   | 9:30 am - 12:30 am | Sip on approximately 10-16 oz water<br>or calorie free beverage  |
| <b>Lunch</b>         | 1:00 pm - 1:30 pm  | ¼ cup V8 juice<br>¼ cup strained low fat cream of chicken soup   |
| <b>Mid Afternoon</b> | 2:30 pm - 5:30 pm  | Sip on approximately 10-16 oz water<br>or calorie free beverage  |
| <b>Dinner</b>        | 6 :00 pm - 6:30 pm | ¼ cup sugar free flavored beverage<br>(Crystal Lite)   |
| <b>Evening</b>       | 7:30 pm            | ¼ cup scrambled egg with cheese<br>One hour after dinner sip on 10-16 oz water<br>or calorie free beverage |