

### Background:

This diet is for individuals who cannot tolerate solid foods, or who are transitioning from a clear liquid diet toward a solid food diet. The diet is meant to be temporary, and should be increased as tolerated to a regular diet and should not be tried without physician supervision.

### What is considered a liquid?

- Fruit and vegetable juice
- Broth, bouillon, consume
- Cream soup or strained soup
- Cream of wheat or cream of rice thinned with milk
- Milk, buttermilk, eggnog, milkshakes
- Yogurt (plain or vanilla)
- Custard
- Cheese sauce
- Butter
- Cream
- Oil
- Coffee and tea
- Soda
- Kool-Aid, Gatorade, lemonade
- Jell-O
- Ice cream
- Sorbet, sherbet
- Pudding
- Honey, syrup, sugar, hard candies
- Jelly
- Popsicles
- Liquid nutritional supplement such as Boost, Ensure, Carnation Instant Breakfast, or Glucerna

### Sample Menu:

Breakfast: 8 AM	4oz juice blended and ½ cup (C) plain yogurt 6oz fortified cereal (see recipe), thinned with hot milk to 8 oz
Snack: 10 AM	Boost
Lunch: 12 PM	10 oz cream soup (include ¼c nonfat dry milk to fortify) 2 fl oz juice 8 fl oz milk
Snack: 2 PM	4oz pudding
Dinner: 5 PM	10 oz broth soup (includes ¼ C of nonfat dry milk to fortify) 4oz sorbet 8 fl oz milk or a supplement (individual preference)
Snack: 8 PM	Ensure blended with ½ cup ice cream

### Fortified cereal recipe

Serving size: 8 oz portion, Calories: 450, Protein: 20 grams

Use cream of wheat or rice cereal. Boil water according to recipe.

Add ¾ C nonfat dry milk to the boiling water for each serving of cereal needed. Finish cooking cereal according to package instructions, and add 1 Tbsp of butter and brown sugar.

Your healthcare provider is the best source of information for questions and concerns related to your health. To find a physician near you, please see our [locations page](#). To schedule an appointment with our Registered Dietitian Nutritionist, call **602-422-9800** or visit [www.arizonadigestivehealth.com/help-desk-forms/request-an-appointment](http://www.arizonadigestivehealth.com/help-desk-forms/request-an-appointment).