

Full Liquid Diet Policy

- A. A Full Liquid Diet is a diet of fluids and foods that may turn to liquid at room temperature. These are consumed to maintain vital body fluids, salts, some nutrients & minerals, and also, to give some energy for patients (offenders) where normal food intake must be interrupted. Full liquids are easily absorbed by the body, reduce stimulation of the digestive system and are a step up from Clear Liquid, providing more calories, some protein and fat. A Full Liquid Diet is adequate in calories however will not meet recommended fiber needs. It also may be deficient in certain vitamins & minerals.
- B. What is a Full liquid? Examples would be milk-based foods such as milkshakes, pudding, and cream-based soups.
- C. A patient (offender) can be placed on a Full Liquid Diet for not more than 6 weeks due to the lack of nutrients provided by a Full Liquid Diet.
- D. A Full Liquid Diet shall provide approximately 1300 calories, 40g Pro, 140g CHO, plus 3700cc fluid per twenty-four hours.
- E. Milk is the best liquid for a Full Liquid Diet; however, it is recommended that a variety of fluids be provided.
- F. A Full Liquid Diet shall consist of six feedings: breakfast, mid-morning, lunch, mid-afternoon, dinner, and mid-evening.
- G. Patients (offenders) with a Full Liquid Diet order shall be provided a full liquid diet during a lockdown.
- H. Patients (offenders) with a Full Liquid Diet order that are on container restriction shall be referred to the Unit Medical Management Team and the Unit Warden for review.