



## Diet: Fluids – full (free fluids)

**Aim:** To provide a diet of liquids.

**Characteristics:** Liquid foods that require no chewing.

### Specific menu planning guidelines:

	ALLOWED	NOT ALLOWED
Hot main dishes	None	
Sauces, gravies	None	
Starchy vegetables / pasta / rice	None	
Vegetables	None	
Soups	$\leq 1.5\text{g}$ fibre per serve  Soups without visible food pieces including homogenised or pureed soups (all band 1)	Soups with visible food pieces
Sandwiches	None	
Salads, dressings	None	
Breads, cereals	Strained rolled oats, semolina or rice cereal with milk, sugar or honey	All bread  Other breakfast cereals
Spreads	None	
Hot breakfast choices	None	
Fruit	None	
Yoghurt	Drinking yoghurt  Smooth yoghurt without fruit pieces	Yoghurt with visible fruit or nuts
Desserts	Plain jelly, plain smooth ice-cream, soft custard and smooth milk desserts (e.g. mousse, creme caramel)	All others
Milk and cheese	Plain and flavoured milk or dairy alternatives	All cheeses
Beverages	Fruit juice, water, milk, tea and coffee  Cordial and soft drink are allowed but minimised to maximise nutrient intake  Strained vegetable juices	All others
Biscuits	None	
Miscellaneous	Nutrition supplements may be required  Note: Milk powder, protein powder or glucose polymer may be added to drinks or soups to increase energy content  Sugar, sweetener, salt, pepper, thin cream	

### References

1. Dietitians Association of Australia. Nutrition manual. 9th ed. Canberra: DAA; 2014.