

Stage (2): Full fluids (low in fat and simple sugars)

Time period: Two weeks

Allowed foods:

- Low fat (milk, laban and yogurt)
- Custard made with low fat milk (no added sugar).
- Fresh juices with no added sugar.
- **How to consume**
- 6 meals daily ; each one containing 120 ml (1/2 cup taken within half an hour)
- **Tips:**
- In addition to these fluids you should continue to drink a sufficient amount of clear fluids (1-2) liters daily (30 ml every 15 minutes)



Example of a 2nd stage menu meal for one day

Time		Meal
From	To	
7:00 am Breakfast	7:30 am	Low fat milk or semolina porridge
7:30	9:30	Clear liquids/30 ml every 15 minutes
9:30	10:00	Custard
10:00	12:00	Clear liquids/30 ml every 15 minutes
12:00 Lunch	1:00	Unsweetened jelly, low fat milk or laban, strainedsoups
1:00	3:00	30 ml every 15 minutes
3:00	3:30	Rice pudding or custard or tea with milk
3:30	6:00	Clear liquids/30 ml every 15 minutes
6:00 pm Dinner	7:00 pm	Unsweetened jelly, low fat milk or laban, strainedsoups