

Diet ideas for people on a liquid diet

Department of Nutrition and Dietetics

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Information for Patients

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This leaflet is not for patients under International Dysphagia Diet Standard Initiative (IDDSI) staging.

This leaflet is not designed to replace IDDSI recommendations for those patients identified by Speech and Language Therapy (SLT) as having an oropharyngeal dysphagia (swallowing difficulties). For further information and specific advice please discuss with SLT.

Who this information leaflet is for

The information contained in this leaflet is for adult patients. Your Doctor or Healthcare Team has advised you to follow a liquid diet. This may be temporary, for example whilst you are awaiting treatment, or as part of a longer term management plan.

Liquid diets are generally low in nourishment (energy and protein). As a result you can be at risk of becoming malnourished. Including oral nutritional supplements or milk based fluids regularly can help provide adequate amounts of energy and protein. A Dietitian can provide expert advice on helping you ensure your body gets the nutrition it needs, including information on oral nutritional supplements you may benefit from.

What is a liquid diet?

A liquid diet should contain no lumps, bits, residue, skins, seeds, pith or texture of any kind. Items should be smooth and quite runny.



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or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.Informationforpatients@nhs.net

How much nutrition do I need each day?

Depending on your individual circumstances, your Dietitian can estimate how much energy and protein you may need to achieve the nutritional aim they have agreed with you. If indicated, this can be documented below.

It is important to remember this is only an estimate and monitoring of your body weight or other measures is important to assess if this is adequate or needs to be adjusted. If your Dietitian has told you how much energy, protein and fluid you need to aim for each day write this down in the boxes here.

Energy (kcal)	Protein (g)	Fluid (ml)

Prescribed nutritional supplements

If you are on a liquid diet, oral nutritional supplement drinks can be prescribed to help provide energy, protein, vitamins and minerals to optimise your nutrition.

There are lots of styles and flavours available and you can either contact your Dietitian to discuss how these can help you, or ask your medical team to be referred to a Dietitian.

Recommended nutritional supplements (Dietitian to complete if indicated):

Supplement Name	How much do I take?	Energy (kcal)	Protein (g)	Fluid (ml)

There are lots of different ways that you may be able to include your oral nutritional supplements. If you need any ideas or support please speak with your Dietitian.

Vitamins and Minerals

Due to the nature of liquid diets, they can be low in nourishment. It is important that you manage to take in sufficient levels of vitamins and minerals which can be essential to helping your body function and for your general health and wellbeing.

You may need to take a balanced multivitamin and mineral supplement. Before starting these, please speak with your Doctor or Dietitian.

Tips to prepare foods

- Use a blender or liquidiser to breakdown foods e.g. liquidise vegetables in a soup
- If you are cooking foods before blending, cook vegetables/meat until they are very soft and tender
- Remove any stones, skins, bones from foods before blending
- Use a sieve to remove any bits that don't break down

To get the right liquid consistency you can tolerate you may need to add extra liquids to the foods below to make them runnier. This could be extra milk, gravy, stock, tomato sauce, white sauce, cheese sauce, water, ice cream, yoghurt, cream etc.

What else can I include?

- Milk based fluids - glasses of milk, milkshakes, milky coffee/tea/hot chocolate/malted drinks
- Dairy free milks such as soya, almond, oat - ensure these are fortified with calcium
- Other fluids to remain hydrated such as water, fruit juice (no bits), squash, fizzy drinks (you may tolerate these better if you leave them to go flat)
- Smoothies - if homemade make with full fat milk and ice cream
- Bovril or Oxo
- Smooth soups - use a blender to liquidise and a sieve to remove any bits
- Cup a soup (with no bits) prepared with milk
- Jelly
- Ice cream
- Smooth yoghurt or mousses
- Custard
- Crème caramel
- Lassi
- Smooth hummus / dhal
- Breakfast drinks (available in the cereal aisle or chilled fridges in the supermarket)
- Over the counter nutritional supplement drinks such as Complan - make these up with milk
- Boiled sweets
- Chocolate which melts in the mouth (with no bits)
- Thin smooth porridge made from powdered/ground oats
- Puree fruit
- Angel delight/instant whips

You may also find suitable liquidised options on the following website link:

<https://breakthroughcancerresearch.ie/eating-well-with-swallowing-difficulties/>

then click on the view recipe book button

Top tips to make every mouthful count

Using food fortification techniques will increase the energy and protein content of your liquid diet, try out the tips below:

- Use full fat milk wherever possible. You can fortify your milk further by adding dried milk powder. This is neutral tasting and can be found in most supermarkets

Recipe for fortified milk:

1. Measure out 1 pint/600mls of milk into a jug
 2. Measure out 4 tablespoons of dried milk powder and place in a different jug
 3. Add a little bit of the milk you have measured out to the dried milk powder. Mix well to form a paste
 4. Add the rest of the milk to the paste. Mix well
 5. Store in the fridge and use within 24 hours
- Uses of fortified milk include making hot chocolate, milky teas/coffees as well as to make up over the counter milkshakes such as Complian
 - To make your own milkshake start with 200mls (1/3 pint) of your chosen milk whisked together with 1 scoop of ice cream and a flavouring of your choice – chocolate powder, strawberries, banana and other fruits (fruits to be blended/liquidised and any bits sieved)

Approximate nutritional content of 200mls of various milks can be found below :

Per 200mls	Skimmed milk	Semi skimmed milk	Full fat milk	Almond milk	Soya milk	Oat milk
Energy/kcal	70	95	136	53	66	90
Protein/kcal	7.2	7.2	7.2	1.4	6.6	1.5

- Choose creamy versions of food such as 'cream of' soups or creamy yoghurts
- Choose full fat products where possible such as full fat milk, custard, yoghurts and mousses
- If making your own jelly at home try making a milky jelly with your fortified milk
- Add finely grated cheese into sauces or soups - a small matchbox (30g) adds 125kcal and 7.5g protein
- Add sugar, honey or smooth jam to puddings such as semolina, puree fruit, custard, yoghurt
- Add extra sugar to drinks such as tea, coffee, smoothies or milkshakes - 1 heaped teaspoon (6g) adds 25kcal
- Add cream to soups, dhal, yoghurts, puree fruit and drinks such as coffee, hot chocolate, milkshakes or smoothies - 1 tablespoon (15g) of single cream adds 30kcal and double cream adds 60kcal

What if I am losing weight?

You should aim to check your body weight on a set of accurate scales once a week. It is important to try and weigh yourself on the same set of scales, on the same day, in similar clothing at a similar time of day.

If you are losing weight whilst on a liquid diet, **please contact your Doctor or Dietitian as soon as possible.**

You may find it helpful to keep track of your weight using the chart below.

Date	Weight	Comments

Dietitian Name

Contact Number: 0116 258 5400

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Previous reference:

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