

Increasing calories and protein on a full fluid diet

A full fluid diet includes foods and drinks that are liquid at room temperature.
For example:

- Milk, buttermilk, soy milk, almond milk or rice milk
- Yogurt – Greek yogurt is a good source of protein
- Liquid yogurt drinks (Yop® or Danactive®)
- Cream soup
- Juices
- Cream of wheat (make with lots of fluid)
- Ice cream, frozen yogurt, sherbet
- Broth soups
- Jell-O®
- Liquid nutritional supplements, such as Boost® or Ensure®
- Carnation Breakfast Anytime®
- Puddings
- Eggnog
- Hot toddler cereal such as Milupa or Nestle Gerber baby cereal
- Popsicles, frozen yogurt bars
- Carbonated drinks
- Ovaltine®



Getting enough variety and calories while on a full fluid diet can be difficult. Here are some tips to help you get the most out of your full fluid diet.

- Add a scoop of protein powder or 1 to 2 tablespoons of skim milk powder to cream soups, puddings or cream of wheat.
- Use cream instead of milk when making cream soups and puddings.
- Try to avoid filling up on low calorie fluids such as coffee, tea, and water. Drink juice, milk, chocolate milk, or a nutritional supplement when thirsty.
- Add 2 to 3 teaspoons of mild tasting oil, such as canola or sunflower oil, to soup.
- Choose whole milk or 2% milk to drink. Also, try eggnog or coconut milk to drink.
- Choose 2% or more milk fat (MF) yogurt and avoid low calorie or low fat ice creams.
- Try making a “latte” instead of a coffee. Add 1 teaspoon of instant coffee to ¼ cup of hot water then mix with ¾ cup of whole milk or cream. Heat in the microwave to desired temperature.
- Experiment with juices you have not tried before such as peach, pear, apricot, cherry, carrot, grape, or V8 fusion®.

Tips for nutritional supplements:

Choose a “plus” version of a nutritional supplement if you can tolerate it.

These have 1½ times as many calories as regular supplements.

Supplements are available in a variety of flavours so you do not have to get tired of drinking the same one.

Try refrigerating nutritional supplements. Many people prefer the taste of supplements when they are cold.

Try heating up chocolate supplements to make a hot chocolate.

Super Pudding

2 cups 2% or whole milk
2 tablespoons vegetable oil
¾ cup skim milk powder
1 package instant pudding mix

Mix liquid milk with oil.
Blend in skim milk powder until smooth.
Add pudding mix and mix well.
Refrigerate. Serves 4.

Each serving has 293 calories,
9 grams protein

Sample full fluid menu

Day 1

Breakfast

Apple juice
Cream of wheat made with whole milk and skim milk powder added
Greek yogurt with honey

Lunch

V8 juice
Pureed cream of cauliflower soup with skim milk powder added
Butterscotch ice cream

Dinner

Grape juice
Tomato soup with skim milk powder added
Chocolate pudding made with whole milk

Snack

Strawberry Ensure Plus®

Day 2

Breakfast

Smoothie made with orange juice, whole milk, milk powder and yogurt

Lunch

Peach juice
Pureed cream of chicken soup with 1 teaspoon sunflower oil added
Super Pudding (see recipe above)

Dinner

High protein milk (1 cup whole milk with 4 tablespoons skim milk powder)
Chicken broth
Orange sherbet

Snack

Eggnog with skim milk powder added

Dietitian’s or Dietetic Assistant’s suggestions: _____
