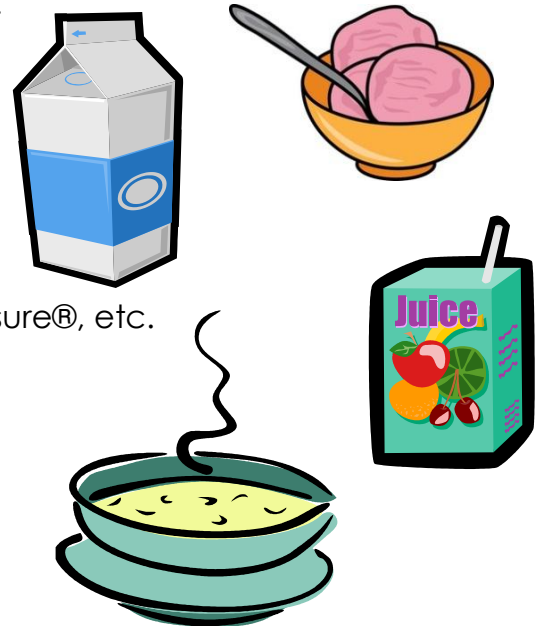


Increasing Your Calorie Intake on a Full Fluid Diet

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 (with ample fluid)
- Ice cream, frozen yogurt, sherbert
- Broth soups
- Jell-O
- Liquid Nutritional Supplements such as Boost®, Ensure®, etc.
- Carnation Breakfast Anytime
- Puddings
- Eggnog
- Toddler breakfast cereal or rice cereals
- Popsicles, frozen yogurt bars
- Carbonated drinks (flat)
- 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 1.5 times as many calories as regular supplements.
- Supplements are available in a variety of flavours so you don’t have to get sick 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.

Per serving 293 calories, 9 grams protein

Sample Full Fluid Menu

Day 1	Day 2
<i>Breakfast</i>	<i>Breakfast</i>
Apple juice	Smoothie made with orange juice, whole milk, skim milk powder and yogurt
Cream of wheat made with whole milk and skim milk powder added	
Greek yogurt with honey	
<i>Lunch</i>	<i>Lunch</i>
V8 juice	Peach juice
Pureed cream of cauliflower soup with skim milk powder added	Pureed cream of chicken soup with 1 teaspoon sunflower oil added
Butterscotch ice cream	Super Pudding (recipe above)
<i>Supper</i>	<i>Dinner</i>
Grape juice	High protein milk (1 cup whole milk with 4 tablespoons skim milk powder)
Tomato soup with skim milk powder added	Chicken broth
Chocolate pudding made with whole milk	Orange sherbert
<i>Snack</i>	<i>Snack</i>
Strawberry Ensure Plus	Eggnog with skim milk powder added

Your Dietitian: _____

Phone: _____