



A guide to...

Free fluids diet *Patient Information*

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Free Fluids Diet

This diet is the next step up from a clear fluid diet, as you progress onto a full oral diet.

Free fluids means that you can take any item that is a smooth liquid, with no lumps or pieces, or anything that quickly melts in the mouth into liquid form.

The follow items are allowed on a free fluids diet:

Soup

All smooth / pureed soups, no pieces
e.g., chicken / tomato / veg

Juice

All juices with no pulp
e.g., orange / apple / pineapple / tropical etc

Milk

Milk / milkshakes (smooth) / smoothies (no pieces)

Tea / coffee/ hot drinks

tea / coffee/ hot chocolate / Ovaltine / latte / mocha / cappuccino

Desserts

Ice cream / smooth yoghurt / custard / jelly (smooth)

Nutritional supplements

Nutritional drinks available (Ensures), please discuss with ward dietitian for advice.