



**California Division North
Nutritional Services
Diet - Menu**

**Subject/Title: HIGH PROTEIN, HIGH CALORIE LIQUID DIET
Order As: HIPRO, HICAL, FULLIQ**

GOALS OF DIETARY MANAGEMENT:

To provide adequate nourishment in a form which requires no chewing or jaw involvement.

DIET PRINCIPLES:

The diet provides foods which are liquid or semi liquid at body temperature. Frequent meals are required to maintain an adequate caloric intake (5 - 6 meals a day). Supplements may be used that help meet the calorie and protein goals of the prescribed diet.

ADEQUACY:

This diet can be nutritionally adequate if the proper number of servings from each food group is consumed each day.

GUIDELINES:

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
SOUPS	Broth, bouillon, strained or blenderized soup	Soup with rice, noodle, vegetables/meat which are not smooth
BEVERAGES	All, including supplements	Alcoholic beverages
PROTEIN 3 or more 2 oz. servings	Pureed or blenderized meat, fish, poultry, egg or cheese (may be thinned with milk), smooth peanut butter blended into milk shakes	Any protein not pureed or blenderized, raw eggs
VEGETABLES/ FRUITS 5 or more ½ cup servings	Fruit or vegetable juices, pureed, strained fruit thinned with juice	Fruits or vegetables that have seeds, peels that cannot be pureed

STARCH 4 or more 1/2 cup servings	Cooked cereals: cream of wheat rice, grits, strained oatmeal diluted with milk or cream, mashed potatoes diluted with milk or cream	All other starches
FATS	Add butter, margarine, sour cream, non-dairy creamers to blended mixtures of whole milk.	
MILK 2-8 oz servings	All milk and dairy products	

SAMPLE MENU

Breakfast

Cream of wheat	1 cup
Whole milk	1 cup
Nectar, fruit juice or NuBasics juice	4-6 oz
Health shake	6 oz
or	
NuBasics supplement	8 oz
Sugar	1 tsp
Margarine (melted into cereal)	1 tsp

Lunch and Dinner

Cream soup, strained or blenderized	6 oz
Whole milk	1 cup
Nectar, fruit juice or NuBasics juice	4-6 oz
Health shake	6 oz
or	
NuBasics supplement	8 oz
Pudding	1/2 cup