

High Energy, High Protein, Full Fluid Diet

Foods Allowed

- Milk and milk-based beverages such as milkshakes;
- Soy milk;
- Plain or flavored yogurt (no pieces of fruit, nuts or seeds);
- Pudding, custard, plain ice cream, sherbet; and
- Nutritional supplements: Resource, Ensure, Ensure Plus, Boost and Carnation Instant Breakfast.

Note: those with lactose intolerance will need to adjust this diet because milk is the major component of the food allowed. See items marked with * in the sample menu below for alternatives.

Sample Menu

- Breakfast: Orange juice
Quick cook oatmeal or cream of wheat
Sugar
Homo milk or *Ensure or *Boost
- Snack: Milkshake or *Ensure or *Boost
- Lunch: Apple juice
Cream soup made with homo milk or *made with Lactaid milk
Pudding or *Jell-o
- Snack: Ensure Plus
- Dinner: Cranberry juice
Cream soup made with homo milk or *made with Lactaid milk
Vanilla ice cream or *Popsicle
- Snack: Carnation Instant Breakfast or *Ensure Plus

Note: This diet is not nutritionally adequate. Please follow up with your primary care provider or dietitian if you are unable to return to your usual diet.