

Table B: OPTIONS WHILE ON A LIQUID DIET (1 Carb Choice = 15 g)

Note: Sometimes clear liquids are more tolerated if small amounts of plain rice, potatoes, saltines, etc are taken with them (see CHO choice amount for each).

Clear Liquids	Carbs (g)
All teas and coffees (plain, no sugar)	0
Clear juices such as:	
◆ Apple - 1/2 cup	15
◆ Cranberry - 1/3 cup	15
◆ Grape - 1/3 cup	15
Fruit-flavored drinks (1/3 cup)	15
Carbonated beverages/soda (Regular 12 oz)	39
Carbonated beverages/soda (Diet 12 oz)	0
Sports Drinks (Gatorade, All-Sport, etc.- 8 oz)	14
Broth, bouillon, consume' (1 cup)	1
Plain, flavored gelatins (Regular 1/2 cup)	19
Popsicle	24
Sorbet (1/2 cup)	22
Clear liquid type supplements:	
◆ Boost Breeze (Mead Johnson) – 8 oz	31
◆ Enlive (Ross) – 8 oz	65
◆ Resource Fruit Beverage (Novartis) – 8 oz	54
Full Liquids	Carbs (g)
All juices (nectars, fruits juices of any kind), tomato or V-8 juice (1/3 – 1/2 cup)	15
Milks	
◆ Regular milk (1 cup 1% low fat, 2% reduced fat or skim)	12
◆ Chocolate milk (1 cup 1% low fat, 2% reduced fat)	26
◆ Buttermilk (1 cup)	12
◆ Lactaid milk (1 cup)	12
◆ Soy or rice milk (1 cup)	4
Carnation instant breakfast (or equivalent of powder and milk)	38-40
Ovaltine (4 Tbsp with 1 cup of milk)	30
Nesquik (2 Tbsp chocolate)	19
Nesquik No Sugar Added (2 Tbsp chocolate)	7
Flavored syrups such as strawberry (1 cup reduced fat milk & 1 Tbsp syrup)	30
Eggnog (1 cup)	34
Milkshakes (10 oz milkshake)	32
All tea and coffee drinks (plain, no sugar: 0g CHO)	
○ Add whole milk, cream or flavored creamers (1 Tbsp)	3
○ Starbucks' Frappaccino's, Mocha, 9.5 oz.	27
Smoothies* (see recipes Table F)	
Hot or cold cocoa (1 packet mixed with water)	22
Hot or cold cocoa (1 packet mixed with milk)	30
Kefir (liquid yogurts), Yoplait Nouriche, Go-gurts, etc. (2.25oz)	11
Light'n Fit Smoothie (7 oz)	7
Creamy type yogurt (vanilla, lemon, key lime, etc) (1 cup low-fat custard style)	43
Custard, puddings (4 oz custard pudding)	25
Skim milk pudding (4 oz)	23
Smooth ice cream (no nuts, etc - 1/2 cup)	18
Hot cereal (low in fiber) such as: grits, cream of wheat, cream of rice, farina (1/2)	19
Strained creamed soups (1 cup)	10

Thinned down strained vegetables, fruits, meats (such as strained baby foods)

◆ Can also add to broths or cream soups to increase nutritional value

Also allowed:

Butter, margarine

Sugar, hard candy, honey, syrups (1 Tbsp)

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COMMERCIAL NUTRITIONAL SUPPLEMENTS

Product	Portion	CHO (g)	Company	Website/ Phone
Ensure Ensure Plus Enlive	8 oz	46 50 65	Ross	www.ross.com 800/986-8502
Resource Resource Plus Resource Fruit Beverage Boost Boost Plus Boost Breeze	8 oz	39-47 52 54 41 45 31	Novartis	http://www.novartisnutrition.com/us/home OR www.walgreens.com/store/novartis
Nutra /SHAKE Supreme Sugar free High Fibre Citrus Citrus Free	4 oz	32 25 60 44 39	Nutra/Balance Products	www.nutra-balance-products.com 800/654-3691
NuBasics NuBasics Plus NuBasics Juices	8 oz	33 44 34	Nestle	www.nestleclinicalnutrition.com 800/776-5446
Scandishakes	3 oz powder	58	Scandipharm	www.cystic-l.org/handbook/html/scandipharm .htm 800-950-8085
<u>Diabetic Formulas:</u> Choice DM Choice Sugar Free DiabetiSource AC Glucerna Select Glytrol Resource Diabetic	8 oz	24 8-12 26 24 25 23	Novartis Novartis Novartis Ross Nestle Novartis	
Slim Fast	8 oz	40	Slim Fast	http://www.slim-fast.com 800/7546327
Atkins Advantage Ready-To-Drink Shakes	8 oz	4-5	Adkins	http://atkins.com/shop/products/ReadyToDrink_Shakes.html 800/628-5467

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