



## CLEAR LIQUID AND FULL LIQUID DIETS

Your healthcare providers have ordered a **Clear Liquid** or **Full Liquid Diet** for you. These diets are provided as a building block for progression back to solid food or may be ordered prior to certain medical tests when solid food intake could affect the test results. Liquids are more easily tolerated than solid food, therefore these diets are usually ordered following many surgeries and medical procedures.

A **Clear Liquid Diet** is composed of foods that are transparent and liquid at body temperature. These foods are primarily sugar and water. This diet helps to maintain hydration, while minimizing intestinal residue during preparation for and recovery from bowel surgery or gastrointestinal procedures. Liquids are better tolerated during times of gastrointestinal illness, nausea, vomiting, and diarrhea.

A **Full Liquid Diet** includes all foods allowed on a Clear Liquid Diet, but adds other foods that are liquid at body temperature, such as dairy drinks and puddings.

**Consistent Carbohydrate Clear and Full Liquid Diets** are designed for use with diabetics. They provide about 200 grams of carbohydrate, spread equally throughout the day, as noted by the carbohydrate table listed on the menu. It is recommended that you consume beverages containing carbohydrates slowly, over extended time periods.

### Room Service Guest Trays

Guest trays for visitors of patients are available for delivery to patient rooms from 6:30 am to 7:00 pm, one guest tray per meal.

Guest selections may be made from the

Regular Room Service menus, limited to 1 entrée,  
3 sides, 1 bread, 1 dessert, and 2 beverages.

Guest Tray fees are payable by cash only upon delivery of tray.

## Café 335

(Cafeteria located on 1st floor)

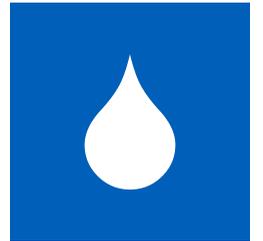
is open from

**1:00 am to 3:00 am offering a varied menu**

**6:30 am to 10:45 am for breakfast**

**11:00 am to 7:00 pm for lunch & dinner**

**For daily café menu call 567-309-MENU (6368)  
from inside or outside the hospital.**

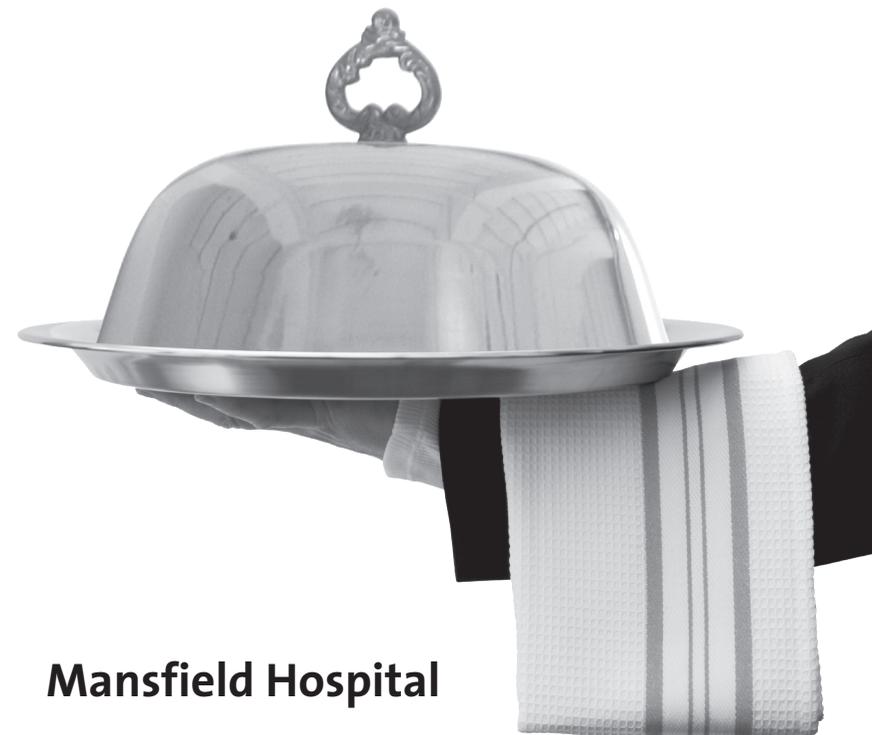


**LIQUID DIET –  
CLEAR AND FULL**



**OhioHealth**

*“Your Call”*  
**Room Service Dining**



**Mansfield Hospital**

**Dial \*FOOD (\*3663)  
to place your order.**

*Fresh. Made-to-order in about an hour.*

Name \_\_\_\_\_

Room No. \_\_\_\_\_ Diet Order \_\_\_\_\_

# CLEAR LIQUID

Available from 6:30 am to 7:00 pm

Dial \*FOOD (\*3663)

## Juices

- Cranberry♥15R
- Apple♥14R
- Grape♥15R

## Something Hot

- Chicken or Beef Broth♥1R

- Coffee R
- Decaf Coffee♥R
- Tea R
- Decaf Tea♥R
- Green Tea R

## Herbal Tea:

- Orange and Spice♥R
- Plantation Mint♥R

## Something Light (\* Item is not allowed on thickened liquid diets.)

- Ginger Ale♥17R
- Diet Ginger Ale♥R
- Sierra Mist♥24R
- Diet Lemon-Lime Soda♥R
- Lemonade♥24R
- Sugar-free Lemonade♥R
- Fruit Punch♥28R
- Sugar-free Fruit Punch♥R
- Iced Tea R
- \*Popsicle♥15R
- \*Sugar-free Popsicle♥6R
- \*Fruit Ice (lemon♥20R or cherry♥20R)
- \*Jello (strawberry♥22R or orange♥21R)
- \*Sugar-free Jello (strawberry♥3R or orange♥3R)

## Condiments

- 2 Sugars 6R
- Equal♥R
- Splenda♥R
- Lemon Juice♥R

To help you select items that comply with the diet order your physician has prescribed, please note the following symbols:

♥ — Item lower in fat and sodium and also appropriate for cardiac and reduced sodium diets.

12 — Indicates the number of carbohydrate grams the food contains. Helpful for patients needing to balance carbohydrate intake. Totals are rounded and may vary slightly if manufacturers change their products.

R — Item is lower in sodium, potassium, and phosphorous and appropriate for Renal Diets.

# FULL LIQUID

Available from 6:30 am to 7:00 pm

Dial \*FOOD (\*3663)

You may also select any item from the clear liquid list.

## Juices

- Orange♥15
- Tomato 7
- Prune♥23
- V8 7
- Low-sodium V8♥7

## Something Hot

- Hot Chocolate♥24
- No Sugar Added Hot Chocolate♥9
- Oatmeal♥13R
- Cream of Wheat♥12R
- Grits♥22R
- Butter R
- Margarine♥R
- Grape Jelly♥9R
- Pancake Syrup♥31R
- Lite Pancake Syrup♥4R

## Something Cold (\* Item is not allowed on thickened liquid diets.)

- Applesauce♥12R
- Low-fat Cottage Cheese 5R
- Vanilla Custard 23R
- \*Sherbet (orange♥25R or raspberry♥25R)
- Pudding (vanilla 24R, chocolate 27 or butterscotch 22R)
- Sugar-free Pudding (vanilla♥13R or chocolate♥13)
- Regular or Whipped Yogurts♥16-25
- \*Frozen Yogurt (vanilla♥19, chocolate♥20 or strawberry♥19)
- \*Ice Cream (vanilla 18, chocolate 20 or strawberry 18)

## Beverages

- Milk:
- Fat-free♥12R
- 2% 12R
- Chocolate 25
- Vanilla Soy♥18R
- Chocolate Soy♥25

Guide to the number of carbohydrate grams for  
**Clear Liquid Consistent Carbohydrate Diets** and  
**Full Liquid Consistent Carbohydrate Diets:**

Calories	Carbohydrates	Breakfast	Lunch	Dinner
1500-2000	180 grams	60 grams	60 grams	60 grams
>2000	225 grams	75 grams	75 grams	75 grams

Nutrition services have planned menu selections with your nutrition needs and comfort in mind. Room Service provides a variety of fresh meals at your request, served directly to your room within an hour of your call.

**To place an order, dial \*FOOD (\*3663).**  
**(From outside the hospital, please dial 419-524-3663.)**  
**Room Service is available from 6:30 am to 7:00 pm.**