

Fluids Menu



Imperial College Healthcare
NHS Trust

2024/2025

A clear fluid diet is often recommended before or after surgeries, tests and procedures. It is usually recommended as a short term diet for a few days.

Please see overleaf for the
Free Fluids Menu.

CLEAR FLUIDS

Please choose a selection of items
for your meal.

Apple Juice

Fruit Squash

Tea including decaffeinated

Coffee including decaffeinated

Clear Consommé

Strawberry Jelly

ALLERGEN INFORMATION: If you have a food allergy please advise your nurse on admission and always inform the ward host when you place your meal order. Allergen information for all food and drinks is available on request.

HIGHER ENERGY

These dishes contain more calories per portion to meet the increased needs of those who may be at risk of malnutrition, or have a reduced appetite or have higher energy needs to support physical recovery.

HIGHER PROTEIN

These dishes contain more protein per portion to meet the increased needs of those who may be at risk of malnutrition, or have a higher protein need to support immune function and physical recovery.

BALANCED CHOICE

These dishes contain moderate amounts of fat, sugar and salt per portion and are suitable for those who do not have increased nutritional needs and are following general healthy eating dietary advice.

EASY TO CHEW

These dishes are suitable for those with dental issues, sore mouths or other medical conditions that make it difficult to bite, chew or swallow regular foods. Patients with difficulties swallowing (dysphagia) who may benefit from a modified texture diet should be referred to Speech and Language Therapy for assessment.

VEGETARIAN

These dishes are suitable for those who eat eggs, milk and dairy products. They exclude all meat, poultry, fish, shellfish, crustaceans and ingredients derived from them e.g. gelatine and rennet. A vegan (plant-based) menu is available.

Fluids Menu



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These foods are liquid or turn liquid at room temperature or melt at body temperature. This diet is often used before tests or medical procedure or when recovering from a surgery.

Please see overleaf for the **Clear Fluids Menu**.

FREE FLUIDS

Please choose a selection of items for your meal.

Orange Juice EC V

Apple Juice EC V

Fruit Squash EC V

Tea including decaffeinated EC V

Coffee including decaffeinated EC V

Clear Consommé BC EC V

Malted Milk Drink HE EC V

Hot Chocolate HE EC V

Full Fat Milk HE EC V

Semi Skimmed Milk BC EC V

Soya Milk BC EC V

Cream of Tomato Soup HE EC V

Custard Pot HE BC EC V

Vanilla Soya Dessert HP EC V

Plain Yoghurt BC EC V

Thick & Creamy Yoghurt HE EC V

Ice Cream HE EC V

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