

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), Carbonated beverages, Fruit flavored drinks	Milk, Milk drinks
Meats & meal substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, White grape, lemonade	All Fruit juices w/unstrained fruit Orange Juice
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, Popsicles (<i>no red or purple</i>)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

SAMPLE MENU

BREAKFAST

4 oz. White grape juice
6 oz. Clear broth
Jell-O®*
Tea

LUNCH

4 oz. Apple juice
6 oz. Clear broth
Jell-O®*
Tea

DINNER

4 oz. Lemonade
6 oz. Clear broth
Jell-O®*
Tea

**Plain only, no fruit or toppings*

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