

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. You may consume red and purple liquids.

Food Group	Foods Allowed	Foods to Avoid
Milk and beverages	Tea (decaffeinated or regular, carbonated beverages, fruit flavored drinks)	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & Fruit juices	Strained fruit juices, apples, white grapes, lemonade	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, Popsicles, *Color does not matter*	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

Sample Diet

Breakfast	Lunch	Dinner
4 oz White grape juice	4 oz Apple juice	4 oz Lemonade
6 oz Clear broth	6 oz Clear broth	6 oz Clear broth
Jell-O*	Jell-O*	Jell-O*
Tea	Tea	Tea

*plain only, no fruit or toppings

Color does not matter anymore. You can have purple and red liquids.