

# 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 No red or purple liquids!	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: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consomme	All others
Desserts	Clear flavored gelatin; Popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
4 oz. White grape juice 6 oz. Clear broth Jell-O* Tea	4 oz. Apple juice 6 oz. Clear broth Jell-O* Tea	4 oz. Lemonade 6 oz. Clear broth Jell-O* Tea

*\*Plain only, no fruit or toppings*