

## 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	Food Allowed	Food to Avoid
Milk & Beverages	<ul style="list-style-type: none"> <li>• Tea (decaffeinated or regular)</li> <li>• Carbonated Beverages</li> <li>• Fruit Flavored Drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Milk &amp; Milk Drinks</li> <li>• Red or Purple Liquids</li> </ul>
Meats & Meat Substitutes	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• All</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• All</li> </ul>
Fruits & Fruit Juices	<ul style="list-style-type: none"> <li>• Strained Fruit Juices</li> <li>• Apple, Grape, Lemonade</li> </ul>	<ul style="list-style-type: none"> <li>• Unstrained Fruit Juices</li> </ul>
Grains & Starches	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• All</li> </ul>
Soups	<ul style="list-style-type: none"> <li>• Clear Broth</li> <li>• Consommé</li> </ul>	<ul style="list-style-type: none"> <li>• All Others</li> </ul>
Deserts	<ul style="list-style-type: none"> <li>• Clear Flavored Gelatin</li> </ul>	<ul style="list-style-type: none"> <li>• All Others</li> </ul>
Fats	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• All</li> </ul>
Miscellaneous	<ul style="list-style-type: none"> <li>• Sugar, Honey, Syrup, Clear Hard Candy, Salt</li> </ul>	<ul style="list-style-type: none"> <li>• All Others</li> </ul>

Breakfast	Lunch	Dinner
4 oz. white grape juice 6 oz. clear broth Jell-O®**	4 oz. apple juice 6 oz. clear broth Jell-O®**	4 oz. lemonade 6 oz. clear broth Jell-O®**
Tea	Tea	Tea

\*Plain only, no fruit toppings

\*\*Jell-O is a registered trademark of Kraft General Foods, Inc.

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