

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is adequate 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	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, Chicken or Beef	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

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**

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