

## 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.

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