

CLEAR LIQUID DIET

SAMPLE MENU

These are suggested meal options only, and may be consumed in unlimited quantities. Avoid any food or drink with red or purple coloring.

AM:

- 4oz apple juice
- 1 cup of lime flavored gelatin
- 8 oz. ginger ale
- Coffee or tea with Sugar

Noon:

- 1 cup bouillon
- 4 oz. strained apple juice
- ½ cup orange flavored gelatin
- Coffee or tea with Sugar

PM:

- 1 cup bouillon
- 4 oz. sweetened apple juice
- ½ cup lime flavored gelatin
- Coffee or tea with Sugar

Between Meals:

- ½ cup lemon flavored gelatin

Between Meals:

- 8 oz. ginger ale

Bedtime:

- ½ cup lemon flavored gelatin

DESCRIPTION:

This diet provides clear fluids that will leave little residue and be easily absorbed with a minimum of digestive activity. No milk products are included. The foods are liquid or will become liquid at body temperature. A clear liquid diet is used only for short periods.

FOODS ALLOWED AND FOOD TO AVOID:

Food Group	Foods Allowed	Foods to Avoid
Beverages	Carbonated beverages, coffee, tea, decaffeinated coffee, Fruit flavored drinks	Milk, milk products
Breads	None	All
Cereals	None	All
Desserts	Flavored gelatin; popsicles	All others, no red or purple desserts
Eggs	None	All
Fats	None	All
Fruits, Fruit Juices	Strained fruits juices (apple or pineapple) NO RED JUICE OR GRAPE JUICE	Fruit juices with pulp; all fruit
Soups	Bouillon	All others
Sugar, Sweets	Sugar, honey, clear sugar candy	All others