

## CLEAR LIQUID DIET

This diet provides fluids that leaves 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!

<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
Milk & Beverages No bright red or dark purple liquids	Coffee, 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, Gatorade, crystal light, soda, water, ice tea	All fruit and fruit juices with unstrained fruit
Grains & Starches	NONE	ALL
Soups (no noodles, rice, veggies, meat)	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles, Italian ices (no bright reds or dark purple flavors)	All others
Treats	NONE	ALL
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others