

Need for the diet:

The clear liquid diet helps to keep you hydrated (body fluids, salts and minerals) and helps to get the body used to food after long periods of time without food. The clear liquid diet is easy to digest and does not leave much residue in the stomach and intestines.

Important Considerations:

- ❑ If you experience abdominal discomfort such as cramps or pain, contact your doctor or nurse as soon as possible.
- ❑ The clear liquid diet does not provide enough energy, protein and many other nutrients. This diet is temporary and should not be used for more than 5 days. If you are on this diet for more than 5 days, your doctor and/or dietitian will tell you which supplement to use.
- ❑ The amount of liquid that you drink or eat on this diet may be important. If your doctor sets a limit about the amount, follow those directions carefully.

How to choose the clear liquid diet:

Liquids that you can see through at room temperature (about 78-72 degrees Fahrenheit) are considered clear liquids. This includes clear juices, broths, hard candy, ices and gelatin. The table below will help you with your choices.

	Choose these foods / beverages	Do not eat these foods / beverages
Fruits/juices	Clear fruit juices without pulp such as apple juice, grape juice, cranberry juice	Nectars, canned, fresh, or frozen fruits
Soups	Broth, bouillon, fat free consommé	Cream soups, soups with vegetables, noodles, rice, meat or other chunks of food in them
Beverages	Coffee, tea (hot or cold), Kool-Aid, soda, water, lactose free supplements if recommended by your doctor	All others
Sweets and deserts	Fruit ices (without chunks of fruit), plain gelatin, clear hard candy, popsicle made from clear juices.	All others
Vegetables	None	All
Milk and dairy products	None	All
Bread, cereals and grain products	None	All
Meat, Chicken, Fish, and meat substitutes (nuts, tofu, etc)	None	All
Oils, butter, margarine	None	All

Breakfast Hot tea with lemon juice and 1 tsp sugar (no pulp); Apple juice (8 oz); Gelatin 1 cup

Lunch Hot tea with lemon (no pulp) and sugar; Grape juice (8 oz); Fruit Ice (1 cup); Consommé (8 oz.)

Snack Fruit juice (apple, cranberry or grape, 8 oz); Gelatin (1 cup)

Dinner Hot tea with lemon and sugar; Apple juice (8 oz); Consommé (8 oz); Fruit Ice (1 cup)

This diet contains approximately 1000 calories, 1 g fat and 14 grams of protein.

Credits for this dietary information go to Maureen Murtaugh, PhD.