



## CLEAR LIQUID DIET

“Clear liquids” are any transparent drinkable liquid. Like glass, it might have color, but you should still be able to see through it. Usually they contain mostly sugar and water (except for broths and bouillon, which are salty). A strict clear liquid diet excludes all solids (even noodles in soup), milk products, and citrus (orange, grapefruit) juices.

A diet of clear liquids maintains vital body fluids, salts and minerals; it also gives some energy for patients when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system, and leave no residue in the intestinal tract.

A clear liquid diet is not adequate in calories and nutrients. It should not be used for more than 5 days unless high-protein gelatin or other low-residue supplements are added.

The following items are **ALLOWED** in a clear liquid diet:

- Coffee (without milk)
- Tea or Iced tea
- Fat-free bouillon (chicken or beef)
- Fat-free broth
- Gatorade or sports drinks
- Jello (plain, no fruit)
- Italian ices, sorbets
- Popsicles (without fruit or cream)
- Clear fruit juices : apple, white grape, cranapple
- Fruit-flavored frinks: Hi-C, Hawaiian punch, Kool-Aid
- Carbonated beverages: Seltzer, 7-Up, Ginger ale, colas
- Water
- Clear hard candy

These items are **NOT ALLOWED**:

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|------------|--------------|
| Milk       | Tomato juice |
| Cream      | Orange Juice |
| Milkshakes | Cream soups  |

Yogurt  
Oatmeal

Cream of wheat  
Any other soup than the listed broth