

Central Texas Colon and Rectal Surgeons

Clear Liquid Diet

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 drinks
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 fruit juices (apple or pineapple) NO RED JUICE OR GRAPE JUICE	Fruit juices with pulp; all fruit
Soups	Clear broth, consommé	All others
Sugar, Sweets	Sugar, honey, clear sugar candy	All others

CLEAR LIQUID DIET – Sample Menu (NO RED OR GRAPE JELLO)

<u>A.M.:</u>	4 oz. apple juice
	1 cup lime flavored gelatin
	8 oz. ginger ale
	Coffee or tea with sugar
<u>Between Meals:</u>	½ cup lemon flavored gelatin
<u>Noon:</u>	1 cup bouillon
	4 oz. strained apple juice
	½ cup orange flavored gelatin
	Coffee or tea with sugar
<u>Between Meals:</u>	8 oz. ginger ale

<u>P.M.:</u>	1 cup bouillon
	4 oz. sweetened apple juice
	½ cup lime flavored gelatin
	Coffee or tea with sugar
<u>Bedtime:</u>	½ cup lemon flavored gelatin