

CLEAR LIQUID DIET

The clear liquid diet is used for brief periods of time when it is necessary to minimize the amount of fecal material in the colon or to minimize the risk of aspiration during a procedure.

TYPE OF FOOD	ALLOWED ITEMS	NOT ALLOWED ITEMS
<i>Beverages</i>	Water, carbonated beverages, regular or decaffeinated tea or coffee, Kool-aid, Gatorade, other sports drinks, Fruit juices including apple juice and white grape juice (Clear liquid drinks are any drink that you can hold up to light and see light through, that does NOT include red, purple, or orange coloring or dairy)	No Milk. No Dairy products or substitute in coffee or tea. No red, purple, or orange coloring. No orange juice, tomato juice, grape juice, cranberry juice, etc.
<i>Breads, Cereals, Flours</i>	None	ALL
<i>Cheeses</i>	None	ALL
<i>Desserts</i>	Jell-O gelatin (NOT pudding), popsicles, fruit ices.	No red, purple, or orange coloring. No Dairy products. No pieces of fruit or vegetables.
<i>Eggs</i>	None	ALL
<i>Fats</i>	None	ALL
<i>Meats, Legumes</i>	None	ALL
<i>Potatoes, Rice, Pasta</i>	None	ALL
<i>Soup</i>	Boullion, Clear broths, consomme	All others
<i>Sweets</i>	Jell-O gelatin (NOT pudding), popsicles, fruit ices. Honey, jelly, syrups, sugar candy	No red, purple, or orange coloring. No Dairy products. No pieces of fruit or vegetables.
<i>Vegetables</i>	Strained vegetable broth	All others
<i>Miscellaneous</i>		

Clear Liquid Diet Sample Meal Plan

Breakfast/Lunch/Dinner

Coffee or tea, NO dairy

Water, juice

Chicken broth

Gelatin dessert

Mid-morning/Mid-afternoon Snack

Soda, Kool-aid

Gelatin

Popsicle