

Clear Liquid Diet



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

A clear liquid diet includes liquids you can see through. **Not allowed:** *alcohol, dark colas, milk, and anything red, purple or bright blue in color.*

Food Groups		
Group	Allowed	Avoid
Milk & milk products	None	All
Vegetables	None	All
Fruits	Clear fruit juices without pulp; apple juice, lemonade, white grape juice, etc. (no red, purple or bright blue)	All fresh, canned and frozen fruits, pureed fruit and nectars
Breads & grains	None	All
Meat or meat substitutes	None	All
Fats & oils	None	All
Sweets & desserts	Jell-O, fruit ice, popsicle without pulp, clear hard candy (no red, purple or bright blue)	All others
Beverages	Tea, non-cola soft drinks, water, sports drinks, clear juices (no red, purple or bright blue), one cup of coffee without milk/creamer	All others
Soups	Bouillon, fat free broth, fat free consommé	All others