

CLEAR LIQUID DIET

Description: The clear liquid diet provides clear fluids, which leave minimal residue and require a minimum of digestive action.

*** * * NO RED or PURPLE, jell-o, pop or popsicles * * ***

FOOD GROUPS

FOODS ALLOWED

FOOD TO AVOID

Beverages	Black Coffee only (NO CREAM), tea, 7-up, ginger ale	Milk and milk drinks
Breads and Cereals	NONE	ALL
Desserts	Fruit-flavored gelatin and popsicles (NO RED or PURPLE)	All others
Fats	NONE	ALL
Fruit Juices	Apple or white grape juice	All others
Meats	NONE	ALL
Soups	Clear broth and consommé	All others
Sweets	Sugar, honey, syrup and hard candy	All others
Miscellaneous	Salt and flavorings	All others

SAMPLE MENU

Morning

Clear Juice
Broth
Flavored Gelatin
Coffee or Tea
Sugar

Noon

Clear Juice
Broth
Flavored Gelatin
Coffee or Tea
Sugar

Evening

Clear Juice
Broth
Flavored Gelatin
Coffee or Tea
Sugar