



Clear Liquid Diet

Clear liquid diet consists of clear liquids.

- This diet does not leave undigested residue in the intestinal tract.
- Do not use for more than a few days without doctor's orders.
- Drink at least 8 glasses of water daily.
- Tea is allowed, sweetened or unsweetened.

GROUP	RECOMMENDATIONS	FOOD TO AVOID
Fruits	Clear juice, no pulp	Avoid all other options
Soups	Broth, strained or blended cream soups	Avoid all other options
Sweets	Sugar, honey, clear soda, hard candy, gelatin, popsicles, strained lemonade, fruit punch, Gatorade	Avoid all other options
Vegetables	None	Avoid all other options
Milk and Dairy Products	None	Avoid all other options
Breads and Cereals	None	Avoid all other options
Meats	None	Avoid all other options
Fats/Oils	None	Avoid all other options