

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red, orange, or purple liquids should be consumed!**

Foods Allowed

Tea or Coffee (**NO** cream),

Carbonated beverages

Strained fruit juices: apple,
White grape, lemonade, white peach, white cranberry

Clear broth, consommé

Yellow or green jello

Popsicles (no red or purple flavors)

Sugar, honey, syrup, clear hard
candy, salt