

Clear Liquid Diet

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A clear liquid diet includes food and drinks that you can see through or that will turn into a liquid at room temperature.

Your health care provider has prescribed a clear liquid diet for 1 of the following reasons:

- surgical procedure or medical test
- recovering from a surgical procedure
- cannot tolerate other foods due to upset stomach (nausea), throwing up (vomiting) or diarrhea.

This diet does not provide enough nutrients to meet your body's nutrition needs long term. Follow this diet as prescribed by your health care provider (usually not more than 1 day).

Foods

■ Beverage:

- **allowed:** clear carbonated beverages, coffee, tea, decaffeinated coffee, apple juice, grape juice, cranberry juice, water and ice chips
- **avoid:** milk and all milk beverages, prune juice, juice with pulp, orange juice, fruit and vegetable blends

■ Bread and cereal:

- **allowed:** none
- **avoid:** all

■ Dessert:

- **allowed:** flavored gelatin, fruit ice, flavored ice on a stick (Popsicle®)
- **avoid:** ice cream, frozen yogurt, yogurt, all other desserts

■ Fat:

- **allowed:** none
- **avoid:** all

■ Fruit:

- **allowed:** See beverages.
- **avoid:** all

■ Meat or meat substitute:

- **allowed:** none
- **avoid:** all

■ Potato or potato substitute:

- **allowed:** none
- **avoid:** all

■ Soup:

- **allowed:** broth made from bouillon, canned or boxed broth
- **avoid:** all other soups

■ Sweets:

- **allowed:** honey, plain hard candy such as lemon drops, fruit snacks
- **avoid:** all other

- **Vegetable:**
 - **allowed:** See beverages.
 - **avoid:** all
- **Other:**
 - **allowed:** salt and sugar (for flavoring), artificial sweetener*
 - **avoid:** all other

Suggested Meal Pattern

- **Breakfast:**
 - fruit juice
 - gelatin
 - beverage
- **Mid-morning:**
 - gelatin
- **Lunch:**
 - fruit juice
 - broth
 - dessert
 - beverage
- **Mid-afternoon:**
 - fruit juice
- **Dinner:**
 - fruit juice
 - broth
 - dessert
 - beverage
- **Late-evening:**
 - gelatin

***Check with your provider. If you were asked to follow this diet due to vomiting or diarrhea your symptoms could get worse.**