

# Clear Liquid Diet

## Clear Liquid Diet

Your health care provider has prescribed a clear liquid diet for one 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:** carbonated beverages, coffee, tea, decaffeinated coffee, apple juice, grape juice, orange juice (no pulp), cranberry juice, bottled or canned 100 percent fruit and vegetable blends
- **avoid:** milk and all milk beverages, prune juice, juice with pulp

### ■ Bread and cereal:

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

### ■ Dessert:

- **allowed:** flavored gelatin, fruit ice, flavored ice on a stick
- **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)
- **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