

Clear Liquid Diet

Indications:

A clear-liquid diet is used for short periods of time as an oral source of fluids with small amounts of calories and electrolytes. It is used during acute conditions and when a diet is required that is easily absorbed and that will leave minimal residue. The diet is also used to prepare the bowel for diagnostic studies.

Nutritional Adequacy:

This diet, as served, will yield approximately 700 to 1,000 calories when caloric clear liquids are served between meals. The diet is inadequate in all nutrients and calories, unless supplemented.

You may have clear liquids, only, that do not have artificial red or orange coloring in them, cranberry is OK if it is naturally red. "If you can see through it, it is not red, orange, and has nothing solid in it you may have it." Make sure you drink something every hour until five hours prior to procedure.

- Coffee (no creamer) or Tea
- Water
- Soda
- Broth, bouillon, or consommé
- Fruit juices
- Freeze Pops
- Jell-O (no fruit in it)
- Athletic drinks (Gatorade)

Breakfast	Noon	Dinner
Cranberry Juice Gelatin Dessert Coffee or Tea	Chicken Consomme Grape Juice Gelatin Dessert Coffee or Tea	Beef Bouillon Apple Juice Fruit Ice Coffee or Tea