

Clear Liquid Diet

Food Groups

Group	Recommend	Avoid
Milk & milk products	none	all
Vegetables	none	all
Fruits	fruit juices without pulp	nectars; all fresh, canned, and frozen fruits
Breads & grains	none	all
Meat or meat substitutes	none	all
Fats & oils	none	all
Sweets & desserts	gelatin, fruit ice, popsicle without pulp, clear hard candy	all others
Beverages	coffee; tea; soft drinks; water; lactose-free, low residue supplements if approved by physician; coffee; tea; soft drinks; water; lactose-free, low residue supplements if approved by physician	all others
Soups	bouillon, consommé, fat free broth	all others

Sample Menu

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ▪ strained fruit juice 1 cup ▪ gelatin 1 cup ▪ hot tea with sugar & lemon 	<ul style="list-style-type: none"> ▪ consommé 3/4 cup ▪ strained fruit juice 1 cup ▪ fruit ice 1/2 cup ▪ gelatin 1/2 cup ▪ hot tea with sugar & lemon 	<ul style="list-style-type: none"> ▪ consommé 3/4 cup ▪ strained fruit juice 1 cup ▪ fruit ice 1/2 cup ▪ gelatin 1/2 cup ▪ hot tea with sugar & lemon