

Clear Liquid Diet

Clear liquid diets are typically used in preparation for certain medical procedures or tests, or when certain conditions (i.e. gastroenteritis) may limit the intestinal tract's absorptive capacity.

A clear liquid by definition is any substance which is liquid at body temperature that you can see through.

The clear liquid diet cannot provide you with adequate calories and nutrients; therefore it should not be used for more than a few days.

Diet Guidelines

Beverages: tea, coffee, decaf tea, decaf coffee, kool-aid, crystal light, vitamin water, Gatorade, PowerAde, carbonated beverages (soda). Note: milk or creamer of any kind in tea or coffee is not permitted. Sugar, sugar substitutes, and honey as sweeteners are allowed.

Soups: Clear bouillon, broth, or consommé: any flavor, it must be clear

Juices: apple, grape, cranberry, cran-apple, cran-grape, cran-strawberry, strained lemonade, limeade, orange drink (Tang). Any juice that you can see through and has no pulp is acceptable.

Dessert: Water ices, Italian ices, popsicles, Jell-O

Your physician is the best source of information for questions and concerns related to your medical problem. No two patients are exactly alike and recommendations vary from one person to another. It is important to seek guidance from a physician who is familiar with your individual situation and takes into account your health status and lifestyle.