

*If you have any questions, please ask your nurse or physician.*

## Clear Liquid Diet

Clear liquids are any liquids you can see through. They are also very easy to digest and leave no undigested residue in your bowels.

### Purpose

You may be put on a clear liquid diet if you are recovering from irritation or infection of the stomach or bowels. A clear liquid diet helps to keep you hydrated and may provide some vitamins and minerals that your body needs to function properly.

A clear liquid diet gives you some energy at a time when a full diet is not possible or recommended. This diet is temporary. Do not follow this diet longer than directed.

You may be asked to follow a clear liquid diet if you are:

- Preparing for surgery or a special procedure, such as a colonoscopy
- Recovering from a procedure
- Nauseated, vomiting or suffering from diarrhea
- Only able to tolerate liquids at this time

### Choose these foods

- Water
- Sports drinks (Gatorade®, Powerade®)
- Sodas (ginger ale, lemon-lime)
- Clear broth (chicken, vegetable or beef)
- Clear fruit drinks without pulp or fruit pieces
- Plain or flavored gelatin without fruit or toppings
- Frozen juice bars made from clear juices without fruit pieces
- Hot or cold coffee or tea without milk or creamers of any type
- Fruit juices without pulp (filtered apple juice, cranberry juice, grape juice, lemonade)

## Clear liquid sample menu

Breakfast	Lunch	Dinner	Snack
1 cup cranberry juice 1 cup chicken broth 1 bowl gelatin 1 cup clear soda Water, ice 1 cup tea	1 cup grape juice 1 cup beef broth 1 cup clear soda Water, ice 1 popsicle 1 cup coffee	1 cup apple juice 1 bowl chicken broth 1 cup clear soda Water, ice 1 popsicle 1 cup tea	1 cup cranberry juice 1 popsicle