

Clear Liquid Diet

Clear liquid diet consists of clear liquids. This diet does not leave undigested residue in the intestinal tract. Do not use for more than a few days without doctor's orders.

Drink at least 8 glasses of water daily

Tea allowed, sweetened or unsweetened

Group	Recommend	Avoid
Fruits	Clear juice, no pulp	All others
Soups	Broth, strained or blended cream soups,	All others
Sweets	Sugar, honey, clear soda, hard candy, gelatin, Popsicle Strained lemonade, fruit punch, Gatorade	All others
Vegetables	None	All others
Milk and Milk Products	None	All others
Breads and Cereals	None	All others
Meats	None	All meats
Fats/Oils	None	All others