

# LIQUID DIET, CLEAR

## PURPOSE

This diet is often used to minimize digestion within the gastrointestinal tract. Fluid and energy are provided in a form that minimizes digestion.

## DESCRIPTION

The diet consists of clear liquids or foods that are fluid at body temperature. This diet is also residue-free, which minimizes fecal output.

## BASIC INFORMATION

Due to the extremely restrictive nature of this diet, use should be limited to three days or less. For prolonged use, an appropriate low-residue supplement is recommended for nutritional support. Large intakes of beverages high in simple sugars, electrolytes, or amino acids may produce nausea, diarrhea, or dehydration. Liquids such as apple or grape juice, broth, and some fruit punches may need to be diluted before use with vulnerable patients.

## NUTRITIONAL ADEQUACY

This diet is extremely inadequate and is planned for brief use only. Specific items and amounts depend upon patient tolerance and should be offered frequently.

## FOOD LIST

Food Groups/Foods Allowed/Foods to Omit

Milk/Dairy: None All

Meat/Meat Substitute: None All

Breads/Grains: None All

Fruits/Vegetables: Clear fruit juices, such as: apple, All others  
grape, or cranberry; or strained juices  
such as orange, lemonade, or grapefruit;  
pulp-free fruit ices.

Desserts/Sweets: Clear, flavored gelatin; Popsicles; clear All others  
fruit ices; sugar; honey; sugar substitutes;  
hard candy.

Beverages: Clear coffee or tea, carbonated beverages, All others including milk, nectars,  
sports drinks. cream, juices with pulp.

Miscellaneous: High-protein broth or gelatin, iodized salt,  
clear broth or bouillon.

## SAMPLE MENU

Breakfast Dinner or Lunch Supper or Lunch

Grape Juice Apple Juice Cranberry Juice

Clear Broth Clear Beef Broth Clear Chicken Broth  
Flavored Gelatin Flavored Gelatin Flavored Gelatin  
Black Coffee Clear Tea Clear Tea