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 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

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cranberry juice</td>
<td>1 cup grape juice</td>
<td>1 cup apple juice</td>
<td>1 cup cranberry juice</td>
</tr>
<tr>
<td>1 cup chicken broth</td>
<td>1 cup beef broth</td>
<td>1 bowl chicken broth</td>
<td>1 popsicle</td>
</tr>
<tr>
<td>1 bowl gelatin</td>
<td>1 cup clear soda</td>
<td>1 cup clear soda</td>
<td></td>
</tr>
<tr>
<td>1 cup clear soda</td>
<td>Water, ice</td>
<td>1 popsicle</td>
<td></td>
</tr>
<tr>
<td>Water, ice</td>
<td>1 cup coffee</td>
<td>1 cup tea</td>
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<tr>
<td>1 cup tea</td>
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