

# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

## Food Group

Milk & beverages  
*No red or purple liquids!*

Meats & meat substitutes

Vegetables

Fruits & fruit juices

Grains & starches

Soups

Desserts

Fats

Miscellaneous

## Foods Allowed

Tea (decaffeinated or regular),  
carbonated beverages,  
fruit flavored drinks

None

None

Strained fruit juices: apple,  
white grape, lemonade

None

Clear broth, consomme

Clear flavored gelatin,  
popsicles (*no red or purple flavors*)

None

Sugar, honey, syrup, clear  
hard candy, salt

## Foods to Avoid

Milk, milk drinks

All

All

Fruit juices with  
unstrained fruit

All

All others

All others

All

All others

## Breakfast

4 oz. White grape juice  
6 oz. Clear broth  
Jell-O®\*  
Tea

*\*Plain only, no fruit or toppings*

## Lunch

4 oz. Apple juice  
6 oz. Clear broth  
Jell-O®\*  
Tea

## Dinner

4 oz. Lemonade  
6 oz. Clear broth  
Jell-O®\*  
Tea

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