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## Clear Liquid Diet Examples

A clear liquid diet includes foods that are liquid at room temperature. These foods are easily digested, leaving no undigested residue in your intestinal tract.

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Coffee/Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, Creamers
Meats & meat substitutes	None	All
Vegetables	None	All
Fruit & Fruit Juices	Strained fruit juices: apple, white grape, lemonade etc.	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth	All others
Desserts	Clear flavored gelatin, popsicles (No RED or PURPLE Flavors)	All others
Fats	None	All
Miscellaneous	Sugar, Honey Syrup, Clear Hard Candy Salt	All others
<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
4oz. white grape juice	4oz. apple juice	4oz. Lemonade
6oz. Clear broth	6oz. Clear broth	6oz. Clear broth
Jell-O	Jell-O	Jell-O