

# 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!

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
Milk & Beverages <i>*NO red or purple liquids!</i>	Tea (decaffeinated or regular), Carbonated beverages (soda: Ginger Ale, 7-Up, Sprite only), Fruit flavored beverages *	Milk, milk drinks.
Meats & meat substitutes	None.	All.
Vegetables	None.	All.
Fruits & Fruit juices	Strained fruit juices: Apple, White grape, and regular Lemonade only.	Fruit juices with unstrained fruit.
Grains & starches	None.	All.
Soups	Clear broth, bouillon, and consomme.	All others.
Desserts	Clear flavored Gelatin (ie: Jell-O*) and Ice Popsicles (NO red or purple flavors!)	All others.
Fats	None.	All.
Miscellaneous	Sugar, honey, syrup, Clear hard candy, salt.	All others.
<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
4 oz. White grape juice 6 oz. Clear broth Jell-O* Tea	4 oz. Apple juice 6 oz. Clear broth Jell-O* Tea	4 oz. Lemonade 6 oz. Clear broth Jell-O* Tea
*Plain only, no fruit or toppings!		

**Any QUESTIONS please call our office.  
(609) 265-1700**

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