

Clear Liquid Diet

Diet prescribed by your provider

Definition:

- Composed of fluids that are transparent (see-through) and liquid at body temperature
- Used to maintain hydration while minimizing residue in the bowel for acute gastrointestinal illness, preparation for surgery or procedure, or food reintroduction after procedure

Overview:

- Easy to digest
- Contains mostly sugar, salt and water
- Only used when necessary because it does not provide enough nutrients for long-term use
- Portion sizes may be modified for post-op bariatric surgery patients

Foods Recommended:

Food Group	Specific Examples
Grains	NONE
Protein	NONE
Dairy	NONE
Vegetables	NONE
Fruit	Translucent fruit juices without pulp (apple, cranberry, grape)
Other	Flavored gelatin, Broth (chicken, beef, vegetable) Popsicle
Beverages	Tea Coffee Water Clear Soda Translucent nutritional supplements (i.e. Ensure Clear)

Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.