

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.