

CLEAR LIQUID DIET

SAMPLE MENU (NO RED OR GRAPE JELLO)

Morning: - 4 oz apple juice - 1 cup of lime flavored gelatin - 8 oz ginger ale - Coffee or tea (with sugar)	Noon: - 1 cup bouillon - 4 oz strained apple juice - ½ cup orange flavored gelatin - Coffee or tea (with sugar)	Evening: - 1 cup bouillon - 4 oz sweetened apple juice - ½ cup lime flavored gelatin - Coffee or tea (with sugar)
Between Meals		
- ½ cup lemon flavored gelatin	- 8 oz ginger ale	- ½ cup lemon flavored gelatin

DESCRIPTION

This diet provides clear liquids that will leave little residue and be easily absorbed with a minimum of digestive activity. No milk products included. The foods are liquid or will become liquid at body temperature. A clear liquid diet is used only for short periods.

FOODS ALLOWED AND FOOD TO AVOID:

Food Group	Foods Allowed	Foods to Avoid
Beverages	Carbonated beverages, coffee, tea, decaffeinated coffee, fruit flavored drinks	Milk, milk products
Breads	None	All
Cereals	None	All
Desserts	Flavored gelatin; popsicles NO RED OR PURPLE	All others, no red or purple desserts
Eggs	None	All
Fats	None	All
Fruits, Fruit Juices	Strained fruit juices (apple or pineapple) NO RED JUICE OR GRAPE JUICE	Fruit juices with pulp; all fruit
Soups	Bouillon	All others
Sugar, Sweets	Sugar, honey, clear sugar candy	All others

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