

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!!!**

CLEAR LIQUIDS ALLOWED:

- ✓ WATER
- ✓ TEA (DECAFFINATED OR REGULAR)
- ✓ CARBONATED BEVERAGES (COKE, DIET COKE, PEPSI, DR. PEPPER, SPRITE, ETC.)
- ✓ GATORADE (NO RED OR PURPLE)
- ✓ CLEAR FRUIT JUICES (APPLE, WHITE GRAPE, WHITE CRANBERRY, LEMONADE)
- ✓ CLEAR BEEF OR CHICKEN BROTH, CONSOMME
- ✓ COFFEE (NO CREAM OR MILK) – YOU MAY ADD SUGAR OR SUGAR SUBSTITUTE
- ✓ CLEAR HARD CANDY
- ✓ JELL-O (NO RED, PURPLE, DO NOT ADD FRUIT)
- ✓ POPSICLES (NO RED, PURPLE, NO ADDED FRUIT)

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