

**GI CONSULTANTS  
MONTEREY BAY ENDOSCOPY CENTER**

<b>CLEAR LIQUID DIET</b>
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**Description**

The clear liquid diet consists of clear fluids or foods which are liquid at room temperature. Clear liquids require minimal digestion, are easily absorbed, and leave minimal residue in the intestinal tract.

**Indications for Use**

The clear liquid diet is intended for short-term use before or after surgery, in acute states of any illness, in preparation for diagnostic tests of the GI tract, and in conditions requiring minimal amounts of residue in the colon.

**Nutritional Adequacy**

The diet is inadequate in calories and almost all nutrients. It provides about 400-500 calories and 15 grams of protein per day. The diet should be progressed or supplemented as soon as tolerated.

**Dietary Guide**

Clear Liquid Diet	Foods Allowed
Beverages * no red or purple liquids*	Coffee, tea, decaffeinated coffee, tea, herbal tea, carbonated beverages
Breads	NONE
Cereals	NONE
Desserts and sweets * no red or purple flavors*	Sorbets, fruit ice made from clear fruit juice, popsicles, clear fruit-flavored or unflavored gelatin, high protein gelatin, plain hard candy, sugar, sugar substitutes, honey
Fats	NONE
Fruits	Clear fruit juices (apple, white grape, lemonade), fruit ices
Meat and meat substitutes	NONE

Potatoes and potato substitutes	NONE
Soups	Bouillon, clear broth, consommé, high protein broth
Vegetables	NONE
Miscellaneous	Salt, commercially prepared minimal residue nutritional supplements

**Meal Plan**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Consommé Apple juice Decaffeinated tea Sugar	Consommé White grape juice Fruit-flavored gelatin Sorbet 7-Up	Consommé Lemonade Fruit-flavored gelatin Fruit ice Decaffeinated tea Sugar