

## 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, purple or green colored liquids should be consumed.**

### Liquids Allowed

1. Black Tea/Coffee
2. Clear Soda
3. Clear Fruit Juice –  
Apple, White Grape,  
White Cranberry
4. Lemonade – No Pulp
5. Clear broth –  
Chicken/Turkey
6. Consommé
7. Jello (yellow/orange)
8. Popsicles  
(yellow/orange)
9. Clear hard candy  
(Butterscotch,  
Peppermint, Lemon)
10. Yellow or orange  
Powerade or Gatorade

### Liquids to Avoid

1. Milk/Milk drinks
2. Juices with pulp
3. All solid food
4. Soups with solids  
(chicken noodle for  
instance)
5. Gelatin with fruit  
mixed in
6. Hard candy that is not  
clear (Cream candies,  
caramels, chocolate)
7. Anything red, purple  
or green.

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