

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.**

MEAL PATTERN	
Breakfast	4 oz. white grape juice 6 oz. clear broth Jell-O* Tea
Lunch	4 oz. apple juice 6 oz. clear broth Jell-O* Tea
Dinner	4 oz. lemonade 6 oz. lemonade Jell-O* Tea

**plain only, no fruit or toppings*

CLEAR LIQUID DIET, FOODS ALLOWED / NOT ALLOWED: NO RED OR PURPLE LIQUIDS!		
Items	Foods Allowed	Foods Not Allowed
Milk & Beverages	Tea (decaffeinated or regular), carbonated beverages, fruit-flavored drinks	Milk, milk drinks. Red or purple liquids.
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & Fruit Juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit. All others.
Grains & starches	None	All
Fats	None	All
Soups	Clear broth, consommé	All others
Dessert	Clear flavored gelatin Popsicles (<i>no red or purple flavors</i>)	All others
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

Providing you with the quality care we expect for our own family.