

THE UROLOGY GROUP

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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 if clear liquids are temporarily needed.

Food Group	Foods Allowed	Foods to avoid
Milk & Beverage	Tea and coffee (no creamer), carbonated beverages, fruit flavored drinks	Milk creamer, milk drinks
Meats & Meat Substitutes	None	All
Vegetables	None	All
Fruit & Fruit Juices	Strained fruit juices: apple, grape, white grape, lemonade	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

The following menu is a suggestion

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. Clear broth
JELL-O
Tea