



CLEAR LIQUID DIET

Your surgeon will instruct you on your diet before surgery and if a bowel prep is needed.

OBJECTIVE: To provide an oral source of clear liquids to minimize the amount of undigested material in the GI tract and to prevent dehydration.

NUTRITIONAL ADEQUACY: This diet is inadequate in the specific nutrients from the Recommended Dietary Allowances for adults.

GENERAL INFORMATION: This diet is not recommended for longer than 48 hours unless specifically requested by your physician.

FOOD GROUPS

FOODS ALLOWED

Beverages	Coffee, Tea, Fruit flavored drinks. NO dairy products or carbonated beverages	
	Dessert	Flavored gelatin desserts, water ices, and popsicles
	Fruit Juices	Apple, cranberry, grape
	Soups	Clear, fat-free broth/bouillon
	Sweets	Sugar, honey, syrup, hard fruit drops

Miscellaneous Salt

SAMPLE MENU

Morning	Noon	Evening
Cranberry Juice	Apple Juice	Grape Juice
Chicken broth	Beef broth	Chicken broth
Gelatin	Gelatin	Gelatin
Hot Tea	Fruit ice	Fruit ice
Sugar	Iced Tea/Sugar	Beverage of choice

between meals: Jell-O; Apple, Grape or Cranberry Juice; Hard Candy