



arizona  
gastrointestinal  
associates

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## **CLEAR LIQUID DIET SHEET**

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 other dark liquids should be consumed**

#### **Foods Allowed**

- Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks, Gatorade (or similar type drinks) in light colors
- Strained fruit juices (no pulp): apple, white grape, lemonade
- Clear broth, consommé (chicken or vegetable)
- Clear flavored Jell-O, popsicles (no red or purple flavors)
- Sugar, honey, syrup, clear hard candy, salt, etc...
- Sugar free products are fine

#### **Foods to Avoid**

- Milk, any milk products (ice cream)
- No meats or meat substitutes
- No vegetables
- No grains or starches (bread, potatoes)
- No coffee or dark sodas
- Nothing you can chew