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 or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages *No red or purple liquids!*	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consomme	All others
Desserts	Clear flavored gelatin, popsicles *(no red or purple flavors)*	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

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

**Plain only, no fruit or toppings*

Jell-O is a registered trademark of Kraft General Foods, Inc.

North Texas Gastroenterology
VIJAYA DASARI MD
560 W. Main St.
Suite 106
Lewisville, TX 75057
Tel: (972) 420-8800 • Fax (972) 420-8888

2701 Shoreline Dr
Suite 101
Denton TX 76210
Tel: 9408987488 Fax: 9402433554

Provided as a service by

AstraZeneca

© 1999 AstraZeneca LP. All rights reserved. 161244 01/00