

Clear Liquid diet

Clear liquid diet contains water, broth and plain gelatin- that are easily digested and leaves no undigested residue in the intestinal tract. It is recommended, prior to medical procedures such as colonoscopy or other medical condition. Since clear liquid cannot provide adequate nutrition and calories, it shouldn't be continued for more than a few days.

- *Water (Plain, carbonated or flavored)
- *Fruit juices without pulp (Apple or white grape)
- *Fruit flavored beverages such as fruit punch or lemonade
- *Carbonated Drinks, including dark sodas (Cola and root beer)
- *Tea or coffee without milk or cream
- *Sports drinks
- *Clear, fat-free broth (bouillon or consommé)
- *Honey or sugar
- *Hard Candy, such as lemon drops or peppermint rounds
- *Ice pops without milk, bits of fruit, seeds or nuts
- *Gelatin without red coloring

Breakfast: 1 glass pulp-free fruit juice, 1 bowl of gelatin, 1 cup of coffee or tea without dairy, sugar or honey if desired

Lunch: 1 glass of pulp free fruit juice, 1 glass of water, 1 cup of broth, 1 bowl of gelatin

Snack: 1 pulp free ice pop, 1 cup of coffee or tea or soft drink

Dinner: 1 cup pulp-free juice, 1 cup broth, 1 bowl gelatin, 1 cup coffee or tea without milk or cream, Sugar or honey, if desired