

CLEAR LIQUID DIET SAMPLE

The clear liquids in this diet are easily absorbed by the gastrointestinal tract and leave minimal residue, allowing for a more complete endoscopic examination.

NO RED OR PURPLE liquids may be consumed.

SAMPLE MENU

BREAKFAST

White grape juice

Clear broth

Jell-O*

Coffee/Tea

LUNCH

Apple juice

Clear broth

Jell-O*

Tea

DINNER

Lemonade

Clear broth

Jell-O*

Tea

*No red or purple flavors. No fruit or toppings.

FOODS ALLOWED

Tea (decaf or regular; hot or iced; sugar allowed)

Black coffee (decaf or regular; hot or iced; sugar allowed)

Clear carbonated drinks

Clear non-carbonated drinks

Clear fruit flavored drinks

Jell-O (lemon, pineapple, lime)

Clear broth or bouillon

Ice popsicles

Gatorade

Ginger ale, Sprite, 7-Up

FOODS NOT ALLOWED

Milk & milk products

All solid foods

All unstrained fruit juice (with pulp)

All red and purple liquids and Jell-o

Tomato juice

Seeds or nuts