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Clear Liquids Diet

Purpose:

This diet provides foods which will leave minimal residue in the intestinal tract.

| FOOD GROUP | FOODS ALLOWED | FOODS TO AVOID |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Fruit Juice | Apple, white grape or pineapple juice No pulp, strained fruit juice only | All others |
| Beverages | Coffee (no milk), tea (regular or decaffeinated), carbonated beverages (Sprite®,Coca-Cola®) Gatorade®, Powerade®, Kool-Aid®, (NO cherry flavored), strained lemonade | All others |
| Protein | Boost Breeze®- tropical fruit flavor only | All others |
| Soups | Clear broth or bouillon | All others |
| Desserts/Sweets | Popsicles®, fruit flavored ices, clear flavored gelatin, clear, hard candy, (avoid all artificial red color) | All others |
| Seasoning | Salt, lemon juice or honey for tea, sugar for coffee | All others |
| Supplements | Polycase, Vivonex T.E.N., Citrotein | All others |

Clear Liquid Diet Sample Diet

| MORNING | NOON | EVENING |
|---------------------------------|---------------------------------|--------------------------|
| Apple Juice | Pineapple juice | White grape juice |
| Lime gelatin | Beef bouillon | Turkey/vegetable broth |
| Ginger Ale | Orange gelatin | Lemon gelatin |
| Coffee (black) | Orange Kool-Aid® | Blue Gatorade® |
| Chicken broth | Iced tea with lemon | Hot tea with honey |
| Boost Breeze® Tropical Fruit | Boost Breeze® Tropical Fruit | Chicken Broth |
| MORNING | NOON | EVENING |
| Fruit punch or Powerade® | 7-Up® or Sprite® | Strained lemonade |
| Orange gelatin | Lime gelatin | Lime or Orange Popsicle® |

*Avoid anything artificially colored red or purple, including jello, drinks (punch flavored Gatorade®) and red Popsicles®