

Center for Digestive Diseases
 and Cary Endoscopy
 1120 SE Cary parkway ste 204
 Cary,NC

CLEAR LIQUID DIET

Purpose: The clear liquid diet supplies liquids to relieve thirst, prevent dehydration and yield minimal bowel movements

	ALLOWED	NOT ALLOWED
Beverages	Plain water Clear sodas Green tea, Clear tea, honey, lemon Fruit juice without pulp Popsicles Clear broth (fat free bouillon or consomme) Coffee (no cream) Sports drinks,Gatorade, Pedialyte Apple juice, white grape juice, White cranberry juice Lemonade (no pulp)	Milk Beer,Wine,alcohol Nothing red or purple
Soups	Chicken, beef or vegetable broth (fat free)	All others
Desserts	Popsicle, fruit slush (no pulp) hard candy	All others NO Jello/ gelatin Nothing red or purple
Miscellaneous	Salt, sugar	All others

Suggested Meal Plan

Breakfast

Apple juice
 Chicken Broth
 Coffee with sugar

Snack

Coffee
 Soft Drink
 Hard candy

Lunch/Dinner

Lemonade
 Beef broth
 Iced Tea with lemon
 Popsicle or fruit slush

Snack

Tea with honey
 Hard candy