

Clear Fluid Diet

This diet includes clear fluids or foods that leave little or no residue in the gastrointestinal tract. It does not include solid foods.

A clear fluid diet is for short-term use such as before or after a test or surgery. Your health care team will follow you closely while you are on this diet because clear fluids have few calories, protein, vitamins or minerals.

Type of Food	Recommended Choices	Avoid
Fruits	Clear fruit juice and juice popsicles with no pulp. This includes: <ul style="list-style-type: none"> • apple • cranberry • grape 	All others including nectars, fruit juice with pulp, prune juice, tomato and vegetable juice.
Soups	Bouillon, consommé.	All others.
Desserts	Clear gelatin desserts, Popsicles.	All others.
Beverages	Low-residue, lactose free nutritional supplements such as Boost Fruit Beverage®. Carbonated beverages, coffee, tea, crystal fruit drinks and sport drinks.	All others including milk, cream, cocoa, and chocolate popsicles.
Sweets	Honey and plain sugar.	All others.
Milk and Milk Products	None.	All.

Your needs may be different. Talk to your dietitian.

Dietitian's or Dietetic Assistant's suggestions:

1. _____

2. _____

3. _____