



ERICK H. ALAYO, M.D.

DIPLOMATE IN INTERNAL MEDICINE AND GASTROENTEROLOGY
GASTROINTESTINAL AND LIVER DISEASE • DIAGNOSTIC AND THERAPEUTIC ENDOSCOPY

www.gastrosb.com

353-A Church Avenue
Chula Vista, CA, 91910
(619) 585-8883
Fax (619) 585-0166

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquid should be consumed.

FOOD GROUP	FOODS ALLOWED	FOOD TO AVOID
Milk and beverages	Tea (decaffeinated or regular),	Milk, milk drinks
No red or purple liquids	carbonated beverages, fruit flavored drinks	
Meats and meat substitutes	None	All
Vegetables	None	All
Fruits and fruit juices	Strained fruit juices:apple, White grape, lemonade	Fruit juices with unstrained fruit
Grains and starches	None	All
Soups	Clear broth, consomme	All others
Desserts	Clear flavored gelatin, Popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

BREAKFAST

LUNCH

DINNER

4oz. White grape juice

4oz. Apple juice

4oz. Lemonade

6oz. Clear broth

6oz. Clear broth

6oz. Clear broth

Jell-O

Jell-O

Jell-O

Tea

Tea

Tea