

## Clear Liquid Diet

The clear liquid diet is often used before and after bowel surgeries and procedures. This diet is used to give fluids and some energy. This diet includes only foods and beverages that are easy to digest. This diet is recommended for no longer than 3 days. This diet should only be followed at the recommendation of your doctor. Your doctor will tell you when you can return to eating your regular diet.

### What foods are okay to eat & drink?

- foods and beverages you can see-through including:
- clear juice: apple, white grape and white cranberry juice
- clear carbonated beverages
- clear fruit drinks (avoid red)
- broth and bouillon
- clear fruit-flavored gelatin (avoid red)
- fruit ice and popsicles (avoid red)
- clear hard candy
- coffee and tea - hot and iced

### What foods should I not eat or drink?

- all other foods and beverages including:
- fruits and vegetables
- breads, cereals, pastas
- meats and cheeses
- milk and milk products
- fruit juice with pulp such as orange or pineapple juice

### What should I eat & drink at my meals?

Try these sample menus for ideas-

**Breakfast** - 1 cup juice, gelatin, fruit ice and coffee

**Snack** - gelatin

**Lunch** - 1 cup juice, broth, popsicle, gelatin, hot tea with sugar

**Snack** - fruit ice

**Dinner** - 1 cup juice, broth, fruit ice, gelatin, iced tea with sugar

**Snack** - popsicle

If you are feeling very hungry, eat large amounts of these foods & beverages or eat more often. If you must follow this diet for 3 or more days, talk to your doctor about adding a low residue supplement like Ensure to your diet.

If you have diabetes, substitute juice, regular gelatin and regular popsicles for the carbohydrate foods in your meal plan.

**Please call St. Luke's Nutrition Center if you have questions – 319/369-7440.**