



CLEAR LIQUID DIET

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Gingerale and fruit flavored carbonated beverages, coffee, tea, decaffeinated coffee, fruit flavored beverage mixes.	All others.
Breads	None.	All.
Cereals	None.	All
Desserts	Clear flavored and unflavored gelatin, fruit ices, popsicles (no red).	All others.
Eggs	None.	All.
Fats	None.	All.
Fruits	Clear fruit juices: apple, cranberry,	Fruit juices with pulp; grape and cherry. All fruit.
Meat or substitutes	None.	All.
Milk	None.	All.
Potatoes or Substitutes	None	All.
Seasonings	Iodized salt	All others.
Soups	Clear broth or bouillon.	All others.
Vegetables	None.	All.
Miscellaneous	Sugar, plain hard candy.	All other foods not in allowed column.

SAMPLE MENU PATTERN

Breakfast
Apple Juice
Beef Broth
Coffee
Tea
Sugar

Lunch
Cranberry Juice
Chicken Broth
Gelatin
Coffee or Tea
Sugar

Dinner
Grape Juice
Beef Broth
Gelatin
Coffee or Tea
Sugar