

LIQUID DIET, CLEAR

NOLENSVILLE FAMILY MEDICINE
 JOHN R. THOMPSON M.D.
 615-776-8088

PURPOSE:

This diet is often used to minimize digestion within the gastrointestinal tract. Fluid and energy are provided in a form that minimizes digestion.

DESCRIPTION:

The diet consists of clear liquids or foods that are fluid at body temperature. This diet is also residue-free which minimizes fecal output.

BASIC INFORMATION:

Due to the extremely restrictive nature of this diet, use should be limited to three days or less. For prolonged use, an appropriate low-residue supplement is recommended for nutritional support. Large intakes of beverages high in simple sugars, electrolytes, or amino acids may produce nausea, diarrhea, or dehydration. Liquids such as apple or grape juice, broth, and some fruit punches may need to be diluted before use with vulnerable patients.

NUTRITIONAL ADEQUACY:

This diet is extremely inadequate and is planned for brief use only. Specific items and amounts depend upon patient tolerance and should be offered frequently.

FOOD LIST

Food Groups	Foods Allowed	Foods to Omit
Milk/Dairy	None	All
Meat/Meat Substitute	None	All
Breads/Grains	None	All
Fruits/Vegetables	Clear fruit juices, such as: apple, grape, or cranberry; or strained juices such as orange, lemonade, or grapefruit; pulp-free fruit ices.	All others
Desserts/Sweets	Clear, flavored gelatin; Popsicles; clear fruit ices; sugar; honey; sugar substitutes; hard candy.	All others
Beverages	Clear coffee or tea, carbonated beverages, sports drinks.	All others including milk, nectars, cream, juices with pulp.
Miscellaneous	High-protein broth or gelatin, iodized salt, clear broth or bouillon.	

SAMPLE MENU

Breakfast	Dinner or Lunch	Supper or Lunch
Grape Juice	Apple Juice	Cranberry Juice
Clear Broth	Clear Beef Broth	Clear Chicken Broth
Flavored Gelatin	Flavored Gelatin	Flavored Gelatin
Black Coffee	Clear Tea	Clear Tea

Nutrient Analysis

Calories	512 Kcal	Riboflavin	0.3 mg
Protein	19 gm	Thiamin	0.1 mg
Carbohydrate	105 gm	Folate	18 mcg
Fat	4 gm	Calcium	56 mg
Cholesterol	0 mg	Phosphorus	203 mg
Dietary Fiber	0 gm	Zinc	1 mg
Vitamin A	1 RE	Iron	2 mg
Vitamin C	46 mg	Sodium	2346 mg
Niacin	9 mg	Potassium	888 mg

Adapted from Southwest Diet Manual 1999