

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

# Clear Liquid Nutrition Therapy

You have been prescribed the clear liquid diet for one of the following reasons:

- You are about to have a surgical procedure or medical test
- You are recovering from a surgical procedure
- You are experiencing nausea, vomiting, or diarrhea
- You can only tolerate liquids at this time

The clear liquid diet includes fluids and foods that are transparent (you can see through them). This diet does not provide enough nutrients to meet your body's nutrition needs long term, so you should not follow this diet for more than 1 day.

## Tips

- You should not be on this diet for more than 24 hours.
- Your medical team will explain when you can go back to your usual diet.
- This diet does not include milk and dairy items because they are not clear (you cannot see through them).

## Foods Recommended

The clear liquid diet allows foods that are mostly salt and water or sugar and water.

Food Group	Foods Recommended
Fruits	<ul style="list-style-type: none"><li>▶ Translucent fruit juices without pulp (apple, cranberry, grape)</li></ul>
Other	<ul style="list-style-type: none"><li>▶ Flavored gelatin</li><li>▶ Chicken broth, beef broth, or vegetable broth</li><li>▶ Popsicle</li><li>▶ Hard candy</li></ul>
Beverages	<ul style="list-style-type: none"><li>▶ Water</li><li>▶ Ice chips</li><li>▶ Soda</li><li>▶ Tea</li><li>▶ Coffee</li><li>▶ Juice</li></ul>

It is OK to add sweetener to your coffee or tea as desired. However, if you are prescribed this diet because of vomiting or diarrhea, avoid artificial sweeteners because there is a risk they could make your symptoms worse.

## Foods Not Recommended

The clear liquid diet is strictly limited, so you should avoid any food or beverage that is not listed under Foods Recommended.

## Clear Liquid Sample 1-Day Menu

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>■ ½ cup cranberry juice</li><li>■ 1½ cups chicken broth</li><li>■ ¾ cup lime gelatin</li><li>■ 1 cup soda</li><li>■ 1 cup coffee</li><li>■ Water, ice</li></ul>
Lunch	<ul style="list-style-type: none"><li>■ 1 cup grape juice</li><li>■ 1½ cups beef broth</li><li>■ 1 cup soda</li><li>■ 1 popsicle</li><li>■ 1 cup tea</li><li>■ Water, ice</li></ul>
Dinner	<ul style="list-style-type: none"><li>■ ½ cup apple juice</li><li>■ 1½ cups chicken broth</li><li>■ 1 cup soda</li><li>■ 1 popsicle</li><li>■ 1 cup tea</li><li>■ Water, ice</li></ul>
Snack	<ul style="list-style-type: none"><li>■ ½ cup grape juice</li><li>■ 1 popsicle</li></ul>

# Sample Meal Plan

Use this form to create an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

## Notes: