



## CLEAR LIQUID DIET

\*\*\*Diabetics, please take ½ of your Neutral Protamine Hagedorn insulin dose and no regular insulin while on clear liquid diet.

For procedures, it is very important to drink 8 glasses of liquid the day before.

FOODS ALLOWED	FOODS TO AVOID
<b>Beverages</b> Coffee, tea, sports drinks, Kool-Aid, carbonated beverages	Avoid red or purple colored drinks, and milk or n
<b>Bread and Cereals</b> NONE	All
<b>Eggs and Meats</b> NONE	All
<b>Soup</b> Clear broth or consommé	All others
<b>Fruits</b> Strained juices- apple, white grape, diluted orange (no pulp), clear pineapple juice	All fruits and all other juices
<b>Desserts</b> Plain, flavored gelatin (Avoid red or purple)	All others
<b>Fats</b> NONE	All
<b>Sweets</b> Hard Candy (Do not eat hard candy if using any Colyte Prep)	All others including chocolate

### Suggested Meal Pattern:

Breakfast	Dinner	Supper
Fruit Juice	Broth	Broth
Coffee (no milk)	Jello	Jello
Sugar	Tea	Carbonated Beverage
Jello	Carbonated Beverage	Carbonated Beverage