



# MERCYHEALTH

Springfield/Urbana General and Robotic Surgery

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## CLEAR LIQUID DIET

This clear liquid diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if a clear liquid diet is temporarily needed. **NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!**

### Food Groups/Allowed Foods:

Beverage- You may have tea, coffee (no creamer), carbonated beverages and fruit flavored drinks.  
**NO MILK PRODUCTS. NO RED OR PURPLE.**

Fruit Juices- Strained fruit juices: apple, white grape and lemonade.  
**NO JUICES WITH UNSTRAINED FRUIT.**

Soups- Clear broth.  
**NO NOODLES OR MEAT.**

Desserts- Clear flavored gelatin, popsicles.  
**NO RED OR PURPLE.**

Miscellaneous- Sugar, honey, syrup, clear hard candy and salt.

## Example of clear liquid diet :

- *DO NOT eat or drink anything colored red or purple*

*Any of the following liquids are OK to drink:*



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry



Limeade or lemonade



Coffee or tea



Clear broth or bouillon



Gelatin desserts *without* added fruit or toppings  
*(NO RED OR PURPLE)*