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CLEAR LIQUID DIET

Introduction

The Clear Liquid Diet offer the simplest form of food with regard to digestion and adsorption.

Purpose

This diet is used prior to some diagnostics tests, pre- and post- operatively and when other liquids and solid foods are not tolerated. It may be indicated as a short term diet during acute inflammatory conditions of the gastrointestinal tract or in the acute stages of illness. The Clear Liquid Diet helps prevent dehydration and relieves thirst.

Nutrients Modified

The Clear Liquid Diet provides foods that are liquid at room temperature. These foods contain electrolytes and small amounts of calories, mainly in the form of carbohydrates. Addition of clear stained fruit juices such as grape, apple and cranberry juice will add to the nutritive value of this diet.

Several commercially available products can be added to increase kilocalories, protein, and other nutrients. Additional modifications such as omission of gas-forming carbonated beverages and fruit juices may be necessary following gastrointestinal surgery for some patients.

Nutritional Adequacy

This is an inadequate in all nutrients and kilocalories specified by the 1989 Recommended Dietary Allowances of adult males and females. It should be used only for brief periods of time, generally 3 – 5 days. Beyond 3 – 5 days appropriate oral supplementation is suggested to meet nutrient needs.

FOOD GROUP	SERVINGS DAILY	FOODS INCLUDED	FOODS EXCLUDED
Beverages	As desired	Clear tea and coffee, decaffeinated coffee, (iced or hot), apple, grape and cranberry juices, fruit flavored drink, fruit flavored powder and carbonated beverages (if tolerated)	All others
Sweets and Desserts	As desired	Clear flavored gelatin desserts, ice, popsicles, hard candy, sugar	Jams, marmalades, all sweets and desserts containing nuts, coconut or fruit not allowed, fried pastries such as doughnuts
Miscellaneous	As desired	Salt, mild spices, herbs, flavorings, mildly flavored gravies and sauces, olives, caffeine-free soft drinks	All others
Soups	As desired	Fat-free bouillon, fat-free broth	All others
Miscellaneous	As desired	Salt	All others

SAMPLE MENU		
Breakfast	Lunch	Dinner
1/2 C Apple juice, 1 C Broth or bouillon, Midmorning 1/2 C of Gelatin	1 C Broth or Bouillon, 1/2 C Grape Juice, 1/2 C Gelatin dessert, Mid afternoon 1 C carbonated beverage	1 c Broth or Bouillon, 1/2 C Cranberry juice, 1 Popsicle, Evening 1/2 C Gelatin

APPROXIMATE NUTRITIONAL ANALYSIS			
Protein	13.8 gm	Thiamin	0.1 mg
Fat	1.9 gm	Calcium	73.3 mg
Carbohydrate	143.4 gm	Zinc	0.2 mg
Calories	627 kcal	Phosphorus	208.1 mg
Vitamin A	0.1 RE	Iron	2.1 mg
Folate	15.8 ug	Sodium	2528 mg
Vitamin C	58.0 mg	Potassium	610.9 mg
Niacin	5.9 mg	Dietary Fiber	0.3 gm
Riboflavin	0.2 mg		

The sodium value will vary with the amount of salt added in food preparation.