

Clear Liquid Diet

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian.

The clear liquid diet includes liquids that are clear. It is low in calories and most nutrients. It should only be used for a short time. Ask your doctor when you can begin adding other foods.

Food group	Recommended	May cause distress
Beverages	Clear fruit juices (e.g., apple, cranberry or grape); low pulp or pulp-free juices (e.g., orange, lemonade or grapefruit) Clear coffee, tea or carbonated beverages as tolerated	All others including nectars, prune juice, juices with pulp, tomato or vegetable juice, milk, cream and cocoa
Soups	Clear broth, bouillon or consommé	All others
Sweets and desserts	Clear fruit-flavored or unflavored gelatin; fruit ice and popsicles made without fruit pulp; plain hard candy; sugar; honey; sugar substitutes	All others
Miscellaneous	Commercially prepared clear liquid nutritional supplements; herbs and mild seasonings, salt and flavor extracts	Pepper and spices All others

Sample menu

Breakfast

Cranberry juice
Gelatin
Tea/coffee
Sugar

Lunch

Broth
Apple juice
Soda pop
Fruit-flavored ice
Tea/coffee

Dinner

Broth
Orange juice, strained
Gelatin
Soda pop
Tea/coffee

Mid-morning snack

Gelatin

Mid-afternoon snack

Frozen popsicle

Evening snack

Fruit-flavored ice

**For a list of Aurora facilities with a dietitian,
please call Aurora Health Care toll free at 888-863-5502.**

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.