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**COMMUNITY HOSPITALS AND WELLNESS CENTERS**

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**CLEAR LIQUID DIET**

**INDICATION**

The clear liquid diet is used as a transition from NPO (nothing by mouth) to a full liquid or soft diet. This diet is used for the pre and post surgical patient, for gastrointestinal diagnostic procedures, for certain medical tests and prior to bowel surgery.

**DESCRIPTION**

Only foods that are clear and liquid or become liquid at room temperature are allowed. The diet contains minimal residue and promotes digestive process. The clear liquid diet consists of the following foods only: clear broth, plain gelatins, smooth fruit ices, Popsicles, sugar, clear juices (apple, cranberry, grape, clear fruit punch), fruit flavored drinks, coffee, tea or coffee substitute. Carbonated beverages are optional.

**NUTRITIONAL ADEQUACY**

This diet is inadequate in most nutrients and should be used for only short periods of time. If patient is to be maintained on diet for three or more days, protein and multi-vitamin and mineral supplementation may be indicated.

**Sample Daily Meal Plan**

**Breakfast**

1 c. apple juice  
6 oz. Beef broth  
4 oz. orange gelatin  
tea or coffee

**Lunch**

1 c. cranberry juice  
6 oz. chicken broth  
4 oz. whipped cherry  
gelatin  
1 popsicle  
tea or coffee

**Dinner**

1 c. grape juice  
6 oz. beef broth  
4 oz. lemon gelatin  
1 popsicle  
tea or coffee

- If patient is on this diet for more than 3 days, a protein supplement (such as Resource, Enlive or 206 juice) can be incorporated to provide additional protein and calories.