

**GI ASSOCIATES**  
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**CLEAR LIQUID DIET**

*This diet provides foods which will leave minimal residue in the intestinal tract.  
 Avoid anything artificially colored red or purple including jello, drinks and popsicles*

**IT IS EXTREMELY IMPORTANT TO DRINK AS MUCH FLUIDS AS POSSIBLE THROUGHOUT THE ENTIRE DAY, FROM THE TIME YOU WAKE UP TO THE TIME YOU GO TO BED AT NIGHT.**

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
<b>FRUIT JUICE</b>	Apple, white grape, pineapple, no pulp, strained fruit juice only	All others
<b>BEVERAGES</b>	Coffee, tea, carbonated beverages, Gatorade, Powerade, Kool-aid, strained lemonade, NO MILK, NO RED	All others
<b>PROTEIN</b>	Boost Breeze-tropical fruit flavor only	All others
<b>SOUPS</b>	Clear broth or bouillon	All others
<b>DESSERTS/SWEETS</b>	Popsicles, fruit flavored ices, clear flavored gelatin, clear hard candy, NO RED	All others
<b>SEASONINGS</b>	Salt, lemon juice, honey, sugar	All others
<b>SUPPLEMENTS</b>	Polycase, Vivonex TEN, Citrotein	All others

**SAMPLE MENU**

<b>MORNING</b>	<b>NOON</b>	<b>NIGHT</b>
Apple juice Lime gelatin Ginger ale Coffee ( black) Chicken broth Boost Breeze	Pineapple juice Beef bouillon Orange gelatin Orange Kool-Aid Iced tea with lemon	White grape juice Turkey/vegetable broth Lemon gelatin Blue Gatorade Hot tea with honey
<b>MID-MORNING</b>	<b>MID-AFTERNOON</b>	<b>EVENING</b>
Fruit punch/Powerade Orange gelatin	7-Up/Sprite Lime gelatin	Strained lemonade Lime/Orange popsicle