



## Clear Liquid Diet

Food category	Recommendation	To Avoid
Dairy	N/A	All dairy products such as yogurt and kefir
Grains	Rice soup without food crumbs	Solids-containing food such as rice syrup, instant cereal or powder
Proteins	Oil-free clear broth	Soy milk, oily soup with food chunks
Vegetables	Oil-free vegetable soup	Oily soup with food chunks
Fruits	Pure sugar-free juice (diluted with water 1:1 ratio)	Pulp-containing juice
Water	Boiled water	
Other Liquids	Clear liquid commercial formula Multivitamin effervescent tablet Sports drink (diluted with water 1:1)	Irritating drinks or seasonings such as alcoholic beverages, carbonated drinks and caffeinated drinks

### Warnings:

1. Drink in small sips, about 5~10cc each time, then gradually increase the total amount. Do not drink in large amount.
2. Use a straw or a small spoon to help control the serving.
3. Drink water every day to avoid dehydration. (ex. carrying a bottle around)
4. When feeling weak, can intake small amount of sugary foods. (ex. Candy and juice)
5. Do not consume solids to avoid vomiting or bloating.