

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

# Food Group Foods Allowed Foods to Avoid

Milk & beverages

No red or purple liquids!

Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks

Milk, milk drinks

Meats & meat substitutes None All

Vegetables None All

Fruits & fruit juices Strained fruit juices: apple, white grape, lemonade

Fruit juices with unstrained fruit

Grains & starches None All

Soups Clear broth, consomme All others

Desserts Clear flavored gelatin, popsicles (no red or purple flavors)

All others

Fats None All

Miscellaneous Sugar, honey, syrup, clear hard candy, salt All others

# Breakfast Lunch Dinner

White grape juice Apple juice . Lemonade

. Clear broth Clear broth Clear broth

Jell-O®\* Jell-O®\* Jell-O®\*

Tea Tea Tea

\*Plain only, no fruit or toppings Jell-O Is a registered trademark of Kraft General Foods. Inc