



Alexandria Location

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Woodbridge Location

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Clear Liquid Diet

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	Food Allowed	Food to Avoid
Milk & Beverages	<ul style="list-style-type: none"> • Tea • Carbonated beverages • Fruit flavored drinks • Water 	<ul style="list-style-type: none"> • Milk & Milk drinks • Red or purple liquids • Creamer
Meats & Meat Substitutes	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Vegetables	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Fruits & Fruit Juices	<ul style="list-style-type: none"> • Strained fruit juices • Apple, white grape, lemonade 	<ul style="list-style-type: none"> • Unstrained fruit juices
Grains & Starches	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Soups	<ul style="list-style-type: none"> • Clear broth • Consomme 	<ul style="list-style-type: none"> • All others
Desserts	<ul style="list-style-type: none"> • Clear flavored gelatin 	<ul style="list-style-type: none"> • All
Fats	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All others
Miscellaneous	<ul style="list-style-type: none"> • Sugar, honey syrup, clear hard candy, salt 	<ul style="list-style-type: none"> • All

Breakfast
4oz white grape juice
6oz clear broth
Jell-O

Lunch
4oz apple juice
6oz clear broth
Jell-O

Dinner
4oz lemonade
6oz clear broth
Jell-O

Tea

Tea

Tea