

Clear Liquid Diet Table

Clear liquids are basically anything you can see through. When having soups, make sure you can see through them and that they have no pieces of vegetables. When having Jell-O or frozen ices, there should be no pieces of fruit.

Type of Food	Amount	Food Included	Food Excluded
Soups	As desired	Clear consommé Broth, bouillon Packaged broth	Any other including puree
Fruit Juice	As desired	Apple juice White grape juice Cranberry juice	Any other
Other Beverages	As desired	Sanka, weak tea, postum coffee (black)	Milk, milk products Cream, any other
Dessert	As desired	Jell-O, frozen ices, Gelatin	Ice cream, any other
Sweets	As desired	Granulated sugar, sugar candy, gum	Any other