

# Clear liquid Diet

## Definition

A clear liquid diet is made up of only clear fluids and foods that turn to clear fluids when they are at room temperature. It includes things like clear broth, tea, cranberry juice, Jell-O, and Popsicles.

This diet is easier to digest than other foods. It still gives you the important fluids, salts, and minerals that you need for energy.

## Why You May Need This Diet

You may need to be on this diet if you have **diarrhea, are throwing up, or are sick to your stomach.**

## What You Can Eat and Drink

You can eat or drink only the things you can see through. Clear fruit juices are okay, but juice with nectar or pulp are NOT okay. Milk is also NOT okay.

You can have these clear liquids:

- Plain water
- Fruit juices without pulp, such as grape juice, filtered apple juice, and cranberry juice
- Soup broth (bouillon or consommé)
- Clear sodas, such as ginger ale and Sprite
- Gelatin (Jell-O)
- Popsicles that do not have bits of fruit or fruit pulp in them
- Tea or coffee with no cream or milk added
- Sports drinks

No fruit nectars, canned or frozen fruit.

Remember: Do NOT add milk or cream to tea or coffee.

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