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## CLEAR LIQUID DIET

This diet includes low residue fluids that are easily absorbed with minimal digestive activity. This diet does not contain all essential nutrients and is recommended if clear liquids are temporarily needed. This will allow for oral intake without compromising a thorough colon exam.

**No RED or PURPLE liquids** should be consumed.

This a list of food/liquids allowed. Please **choose only** items from this list.

Water  
Flavored water  
Decaffeinated tea  
Carbonated beverages: sprite, 7-up, ginger ale (**avoid red, purple or dark sodas –ie. coke, pepsi**)  
Fruit flavored drinks (**no red or purple colors**)  
Weak coffee  
Strained fruit juices (**no red or purple colors**)  
Apple juice  
White grape juice  
Powdered lemonade  
White cranberry juice  
Clear broth (chicken or beef)  
Bouillon cubes  
Jell-O (**no red or purple colors**)  
Popsicles (**no red or purple colors**)  
Sugar  
Honey  
Syrup  
Clear hard candy (**no red or purple colors**)