

Clear Liquids Diet

You may have been advised to follow a clear liquids diet for various reasons, including:

- Preparation before a procedure
- Recovery after a procedure
- Severe nausea/vomiting
- Severe diarrhea
- Clear liquids might be all you can tolerate at this time

A clear liquids diet only includes foods and fluids that are clear (you can see through them) and liquid at room temperature. This is not intended to be followed for long periods of time. You should consult your health care team to determine when you can return to a normal diet.

Recommended Foods

- Ice chips or water
- Clear soda (ginger ale, Sprite, etc.)
- Coffee without cream
- Tea
- Clear fruit juice without pulp (apple, cranberry, grape, etc.)
- Broth (chicken, beef or vegetables; bone broth has higher amounts of protein per serving)
- Popsicles
- Jell-O®
- Supplemental nutrition drinks and additives (see on next page)

Nutrition Supplements

You may have been advised by your dietitian or health care provider to take an oral nutritional supplement. This may be because you have lost weight, have a poor appetite, or are not able to eat enough food to keep you healthy. These products are designed to complement your diet, not replace your meals and snacks. You should continue to keep eating as much of your regular meals as possible.

Your dietitian or doctor will help you decide how long you should take oral nutritional supplements. In most cases, you will only need them while you are having difficulties with eating a normal diet or until you have reached a healthy weight. Most oral nutritional supplements are lactose-free, so you can still consume them if you are lactose intolerant.

Tip: Visit retailer websites for coupons and recipe ideas!

Nutrition drinks (available at most grocery stores and pharmacies, or online):

Product Name	Calories	Protein	Fat	Carbohydrates	Serving Size
Ensure [®] Clear	240	8 g	0 g	52 g	8 fl. oz.
BOOST [®] Soothe	300	10 g	0 g	65 g	8 fl. oz.
BOOST [®] Breeze	250	9 g	0 g	54 g	8 fl. oz.
Isopure [®] Protein Drink [*]	160	40 g	0 g	0 g	20 fl. oz.
Premier Protein [®] Clear [®]	90	20 g	0 g	1 g	16.9 fl. oz.
Protein2o Water ^{®*}	60-70	10-15 g	0 g	0.5 g	16.9 fl. oz.

**certain flavors contain caffeine*

Nutrition additives (available online)

Product Name	Calories	Protein	Fat	Carbohydrates	Serving Size
Benecalorie®	330	7 g	33 g	0 g	1.5 fl. oz.
Beneprotein®	25	6 g	0 g	0 g	1.5 tbsp. (7 g)
Pro-Stat® Sugar Free Liquid Protein	100	15 g	0 g	10 g	1 oz.
UNJURY® Protein Powder (chicken soup, strawberry, unflavored)	90-100	21 g	0 g	0-3 g	1 scoop (24-28 g)

Recipes

Chicken Soup (adapted from www.unjury.com)

Ingredients:

- Two packets or two scoops UNJURY Chicken Soup powder
- 2 cups water

Instructions:

- Pour 2 cups of water into a large microwave-safe mug or bowl.
- Place water in microwave and heat until liquid reaches 140° F.
- Gradually stir in UNJURY, mixing until well combined.

High-Protein Coffee (adapted from www.unjury.com)

Ingredients:

- One packet or one scoop UNJURY unflavored powder
- 1 cup brewed coffee

Instructions:

- Prepare coffee and allow to cool to 140° F.
- Mix in UNJURY, stirring until well blended.
- Pour over ice if preferred.

Spiced Apple Cider (adapted from www.specializedadultnutrition.com)

Ingredients:

- 2 tbsp. Vanilla Pro-Stat Sugar Free
- One package of sugar-free hot spiced cider
- 8 fl. oz. water

Instructions:

- Put water in a microwave-safe cup and heat on high for 90 seconds.
- Add sugar-free cider mix and stir until dissolved.
- Add Vanilla Pro-Stat Sugar Free and stir.
- Drink while warm.

Berry Chiller (adapted from www.specializedadultnutrition.com)

Ingredients:

- 1 tbsp. Wild Cherry Pro-Stat Sugar Free
- 4 fl. oz. grape juice

Instructions:

- Stir Wild Cherry Pro-Stat Sugar Free into juice.
- Freeze in a freezer-safe container, then eat with a spoon.