

CLEAR FLUIDS DIET

Start Date: _____

Consume only the following fluids:

- Water
- Strained Fruit Juice
- Soda Water
- Mineral water – plain or flavoured
- Softdrinks
- Cordial
- Black Tea, Black Coffee
- Plain Jelly
- Sports drinks – Gatorade, Isostar, Sports Plus etc.
- Clear soups: Bonox, soup made with stock cubes, consommé (All other soups are unsuitable)

DO NOT CONSUME: Milk, Milk drinks, Sustagen, Tea/Coffee with milk

Example Meal Plan	
BREAKFAST	Clear Soup Fruit Juice or suitable beverage
MORNING TEA	Cordial / Soft drink / Black Tea or Coffee
LUNCH	Clear Soup Plain Jelly
AFTERNOON TEA	Fruit Juice or suitable beverage
DINNER	Clear Soup Plain Jelly Fruit Juice or suitable beverage Take extra Water as desired

- Try to consume a wide variety of the fluids listed
- This diet is intended for short term use only, because it is not nutritionally adequate.