



**California Division North  
Nutritional Services  
Diet - Menu**

<b>Subject/Title: CLEAR LIQUID DIET Order As: CLRLIQ</b>
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**GOALS OF DIETARY MANAGEMENT:**

To provide oral intake of fluids and to relieve thirst when solid foods are contraindicated.

**DIET PRINCIPLES:**

The diet consists primarily of "water based" foods which supply minimal nutrients. Low residue supplemental feedings may be used and fluids are offered between meals for supplementation.

**GENERAL INFORMATION:**

This diet may be contraindicated for those patients with swallowing problems or those at high risk for aspiration. See consistency requirements for dysphagia diet.

For those diabetic patients on insulin the diet should include sugar containing foods to prevent hypoglycemia.

**ADEQUACY:**

Inadequate in all nutrients should be used for a limited time. Supplements that are clear liquids may be used to improve adequacy of the diet.

**GUIDELINES:**

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
WATER BASED FOODS LIQUID AT BODY TEMPERATURE	black coffee, tea, regular or decaffeinated, herbal tea, fruit juices w/o pulp, lemonade, punch, gelatin, broth, popsicles, carbonated beverages, water, ice	all others

