



A guide to...

Clear fluids diet

Patient Information

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Clear Fluid Diet

A clear fluid diet is often the first stage of oral intake to try after sips of water. This literally means you can have fluids you can see through. There must be no lumps / pieces / pulp in the fluid.

Examples of items allowed on a clear fluid diet are:

Soups:

Clear soup / consommé
Beef / chicken / vegetable

Savoury drinks:

Marmite – diluted in hot water
Bovril – diluted in hot water

Fruit juices (strained or clear) – no bits or pulp allowed

Clear apple juice
Cranberry juice

Squash/ cordial

Any flavour (e.g., orange, lemon, blackcurrant, summer fruits etc)

Tea/ coffee / hot drinks

Black coffee – no milk / cream
Herbal teas / fruit teas
Light black tea – no milk / cream

Desserts

Plain jelly – no fruit pieces
Ice lollies – clear – no milk

Juice-based nutritional supplement drinks – ask dietitian to advise.

(Bleep ward dietitian)