

2

# Clear Liquid Diet

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. **The client/caregiver can define the clear liquid diet.**
  - A. The clear liquid diet provides fluid without stimulating extensive digestive processes.
  - B. It is inadequate in all essential nutrients; intended for short-term use only.
  - C. This diet will yield approximately 700 to 1,000 kcal when served at frequent intervals.
  
- II. **The client/caregiver can list purpose of clear liquid diet.**
  - A. It is used whenever an acute illness or surgery causes intolerance for foods.
  - B. It is used to temporarily restrict undigested material in the gastrointestinal foods.
  
- III. **The client/caregiver can state what foods are allowed.**
  - A. Carbonated beverages and fruit-flavored soft drinks
  - B. Regular or decaffeinated coffee and tea

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- C. Clear, flavored gelatin, fruit ices, and frozen ice pops
- D. Cranberry, apple, and grape juices
- E. Lightly seasoned clear broth or consommé (fat free)

### REFERENCES

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