



Bariatric Clear Liquid Diet

The goal of a clear liquid diet is to allow proper healing and/or hydration. Unlike solid foods, clear liquid foods are easy for your body to digest and they won't leave unwanted residue in your intestinal tract. Strictly following a clear liquid diet allows you to maintain adequate hydration and fill your body with the minerals necessary for energy. The most important rule to remember when you're on a clear liquid diet is the see-through rule: only eat it or drink it if you can see through it.

Try to consume at least 4-8 oz. of liquids every hour.

Clear Liquid Food List

Type of food	OK to use	DO NOT use
Beverages	Sugar free drink mix, juice with less than 15 calories per serving, decaffeinated tea, decaffeinated coffee, sugar free drinks, clear liquid protein supplement (Protein Blitz™, Isopure Zero Carb™), very low calorie sports drinks/waters (Powerade Zero™, Vitamin Water Zero™, Propel™, Sobe Lifewater Zero™) *Limit decaf beverages to 16 oz or less	Fruit drinks/juice, hot drinks (warm is okay), alcohol, sugar sweetened drinks, carbonated drinks, caffeinated drinks
Soups	Broth, bouillon, or strained broth-based soups	All others
Grains/ Starches	None	All
Vegetables	None	All
Fruits	None	All
Milk/Milk products	None	All
Others	Sugar-free popsicles	Sugar- free jello