

# Clear Feeds

Clear feeds consist of only transparent liquids. These may be coloured, as long as you can see through them easily. Clear feeds exclude all liquids with fat and fibre.















Doctors order this diet to prepare you for tests or procedures, such as a colonoscopy, or after intestinal surgery. The purpose of this diet is to give your body fluids and some calories until you are allowed to eat again. It is important that you follow these instructions to help manage your medical condition.










Clear feeds do not provide all the nutrients, vitamins and minerals that your body needs. You should not be on clear feeds for more than a few days unless your doctor or dietitian has instructed you to do so.

## Drinks Allowed On Clear Feeds

Food Group	Allowed ✓
Starches and Sugars	    Honey or Glucose drink      Flavoured clear drink Barley or Red date drink (strained)      Isotonic drinks
Meat and alternatives	 Clear soup or broth (strained, fat/oil-free, meat or vegetables not consumed)
Vegetables	 Clear vegetable juice (strained)
Fruits	  Clear fruit juice (strained)      Pulp-free fruit popsicles
Dairy products	None
Others	  Coconut water without flesh      Black coffee or tea    Clear nutritional supplements e.g. Resource Fruit Liquid      Water (plain, carbonated or flavoured)

## Food & Drinks Not Allowed On Clear Feeds

Food Group	Not Allowed 
Starches and Sugars	 <p>Porridge, rice, oats, noodles, bread, buns, biscuits</p>
Meat and alternatives	 <p>Poultry, meat, fish, shellfish, egg, tofu      Cream soup</p>
Vegetables	 <p><u>All</u> vegetables, garnishes and condiments</p>
Fruits	 <p><u>All</u> fruits</p>
Dairy products	 <p>Ice cream      Milkshake      Cheeses      Yogurt, Yogurt drinks</p>
Others	 <p>           Pudding      Custard      Jelly      Malted drinks: Milo, Ovaltine         </p> <p>All other products containing milk or solid pieces of nuts, fruit, jelly, chocolate or dough</p>

Contributed by Nutrition & Dietetics Service, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of [December 2023] and subject to revision without prior notice.



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