

Clear Liquid Diet

- A. A Clear Liquid Diet is a diet of clear liquids that is used to maintain vital body fluids, salts, and minerals, and also, to give some energy for patients (offenders) where normal food intake must be interrupted. Clear liquids are easily absorbed by the body, reduce stimulation of the digestive system and leave no residue in the intestinal tract. A Clear Liquid Diet is not adequate in calories and nutrients.
- B. What is a clear liquid?
A good rule-of-thumb is anything you can see through.
For example, tea is a clear liquid but milk is not.
- C. A patient (offender) shall not be placed on a Clear Liquid Diet for not more than three days due to the lack of nutrients provided by a Clear Liquid Diet.
- D. A Clear Liquid Diet shall provide approximately 1200 calories plus 3000cc fluid per twenty-four hours.
- E. Water is the best liquid for a Clear Liquid Diet; however, it is recommended that a variety of fluids be provided.
- F. A Clear Liquid Diet shall consist of six feedings: breakfast, mid-morning, lunch, mid-afternoon, dinner, and mid-evening.
- G. Patients (offenders) with a Clear Liquid Diet order shall be provided a clear liquid diet during a lockdown.
- H. Patients (offenders) with a Clear Liquid Diet order that are on container restriction shall be referred to the Unit Medical Management Team and the Unit Warden for review.
- I. Patients (offenders) with a Clear Liquid Diet order shall not be placed on food loaf.