



## **Liquid Diet**

### **Diabetic Clear Liquid Diet**

#### **General Description**

The clear liquid diet contains those foods or beverages that are liquid, or liquify at room or body temperature. It is composed of liquids that leave minimal residue in the intestinal tract. Calorie intake is derived mainly from mono- and disaccharides which are readily absorbed.

To support a stable and controlled blood glucose level for patients with hyperglycemia requiring clear liquids, a 6-feeding clear liquid regimen will be provided. The total carbohydrate content provided is consistent with amounts provided in a traditional 1800-2000 calorie diabetic diet.

#### **Indications for Use**

This diet is indicated for patients with diabetes who require a clear liquid diet:

- To minimize residue in the colon prior to tests or surgery.
- To initiate oral feedings for debilitated, postoperative, or malabsorbing patients.
- To initiate fluid and electrolyte replacement in patients who have had increased losses, e.g., fever, diarrhea, prolonged gastric drainage, or poor oral intake.

#### **Nutritional Adequacy**

In comparison to the Recommended Dietary Allowances, this diet is inadequate in all nutrients with the exception of ascorbic acid. It provides some electrolytes and at least 2500 ml fluid with approximately 1500-1800 k calories. The clear liquid diet is contraindicated as the only means of nutritional support for longterm use. In such cases, negligible residue nutritional supplements can be used to enhance nutrient intake. These supplements are calorie/protein fortified and have negligible residue content. Some supplements are specifically formulated for persons with glucose intolerance. The Enteral Formulary contains a list of supplements that would be acceptable on a diabetic clear liquid diet.

#### **Guidelines**

**FOODS ALLOWED and FOODS NOT ALLOWED** for the Diabetic Clear Liquid Diet are the same as for the Clear Liquid Diet.

## Diabetic Clear Liquid Diet

### Suggested Meal Plan

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
1 Serving Clear Juice	1 Serving Clear Juice	1 Serving Clear Juice
1 Serving Broth	1 Serving Broth	1 Serving Broth
1 Serving Jello	1 Serving Jello	1 Serving Jello
Coffee/Tea	Coffee/Tea	Coffee/Tea
Sugar/Sugar Sub*	Sugar/Sugar Sub*	Sugar/Sugar Sub*

\* Regular sugar (providing 4 gm CHO per packet) is acceptable on a diabetic clear liquid diet, but sugar substitute will be provided as requested by the patient.

<b>Morning Snack</b>	<b>Afternoon Snack</b>	<b>HS Snack</b>
1 Serving Clear Juice	1 Serving Fruit Ice	1 Serving Clear Juice
1 Serving Jello		1 Serving Jello

The carbohydrate content per feeding, including 1 packet of sugar/meal, is approximately 40 to 50 grams. The total carbohydrate content of this meal plan is consistent with the amount provided in a traditional 1800-2000 calorie diabetic diet. While many patients become concerned about the sugar content of the foods provided on this diet, they should be reassured that it is the total carbohydrate content of the diet that influences blood sugar and not the source of the carbohydrate (refined versus complex carbohydrate). The total amount of carbohydrate in this diet plan is acceptable for promoting a stable, controlled blood glucose levels.

### References

1. See those listed under CLEAR LIQUID DIET and MODIFIED DIET FOR DIABETES MANAGEMENT.