

CLEAR LIQUID DIET FOR DIABETICS

Important Facts About Diet:

1. The liquid meal plan that is given to you will replace only the calories that you would normally get from the carbohydrates containing foods in your diet (such as breads, starches, cereals, fruits, and vegetables.)

For Example: the plan that replaces a 1500 calorie diet will provide approximately 900 calories. If you replaced all the calories in your diet with juices and sweetened beverages, it could cause your blood sugar to be too high.

2. You will reduce your normal dosage of daily insulin to 2/3 normal dosage on each day you are on clear liquids. Do NOT take insulin the morning of your test, however, it is very important that you bring your insulin with you.

Basic List of Foods Considered As Clear Liquids:

(NO MILK OR MILK PRODUCTS)

Soft drinks (regular, not Sugar-Free)

Gatorade (NO RED or PURPLE)

Fat-Free Broth or Boullion

Lemonade (powdered)

Jello – Yellow or Green only

Popsicles (only clear fruit flavored)

Coffee

Fruit Juice / Drinks (NO PULP) (NO RED or PURPLE)

Tea

Kool-Aid (NO RED or GRAPE)

DIABETIC CLEAR LIQUID DIET FOOD GROUPS:

Group A (each serving contains about 40 calories)

Apple Juice 1/3 cup

Lemonade 1/2 cup

Lemon-Lime Soda 1/2 cup

White Cranberry Juice 1/4 cup

Popsicle 1/2 Twin Bar

Fruit Juice 1/2 cup

Sugar 1 Tbsp.

Gingerale 1/2 cup

Sweetened Gelatin 1/4 cup

Fat-Free Broth/Boullion - any amount

Group B (each serving contains about 60 calories)

Apple Juice 1/3 cup

Lemonade 3/4 cup

Lemon-Lime Soda 3/4 cup

Fruit Juice 3/4 cup

White Cranberry Juice 1/3 cup

Gingerale 3/4 cup

Fat-Free Broth/Boullion -any amount

Sweetened Gelatin 1/3 cup

Group C (each serving contains about 80 calories)

Apple Juice 2/3 cup

Lemon-Lime Soda 1 cup

Sweetened Gelatin 1/2 cup

Gingerale 1 cup

Lemonade 1 cup

Lemonade 1 cup

Fruit Juice 1 cup

Popsicles 1 Whole

Fat-Free Broth/Boullion - any amount

Clear Liquid Diabetic Diet

1200 Calories

(Replacement for 1200 calories ---- 175 grams Carbohydrates, 700 calories)

Breakfast:

Group B – 2 servings
Group C – 1 Serving

Lunch:

Group B – 2 Servings
Group C – 1 Serving

Supper:

Group B – 2 Servings
Group C – 1 Serving

Bedtime Snack:

Group A – 1 Serving
Group B – 1 Serving

If your sugar gets low you may have a small piece of hard candy (clear, yellow or green). If you have any questions regarding your diet please contact your Nurse at (817) 468-7200.

Your Nurse is:

Sasha Courtney

Office Hours:

| | |
|-------------------|---|
| Monday – Thursday | 8:00AM – 5:00PM (Closed for Lunch: 11:30AM – 12:30PM) |
| Friday | 8:00AM – 12:00PM |



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Popsicles (only clear fruit flavored)

Coffee

Fruit Juice / Drinks (NO PULP) (NO RED or PURPLE)

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Group A (each serving contains about 40 calories)

Apple Juice 1/3 cup

Lemonade 1/2 cup

Lemon-Lime Soda 1/2 cup

White Cranberry Juice 1/4 cup

Popsicle 1/2 Twin Bar

Fruit Juice 1/2 cup

Sugar 1 Tbsp.

Gingerale 1/2 cup

Sweetened Gelatin 1/4 cup

Fat-Free Broth/Boullion - any amount

Group B (each serving contains about 60 calories)

Apple Juice 1/3 cup

Lemonade 3/4 cup

Lemon-Lime Soda 3/4 cup

Fruit Juice 3/4 cup

White Cranberry Juice 1/3 cup

Gingerale 3/4 cup

Fat-Free Broth/Boullion -any amount

Sweetened Gelatin 1/3 cup

Group C (each serving contains about 80 calories)

Apple Juice 2/3 cup

Lemon-Lime Soda 1 cup

Sweetened Gelatin 1/2 cup

Gingerale 1 cup

Lemonade 1 cup

Lemonade 1 cup

Fruit Juice 1 cup

Popsicles 1 Whole

Fat-Free Broth/Boullion - any amount

Clear Liquid Diabetic Diet

2000 Calories

(Replacement for 2000 calories ---- 300 grams Carbohydrates, 1200 calories)

Breakfast:

Group B – 3 Servings

Group C – 2 Servings

Lunch:

Group B – 3 Servings

Group C – 2 Servings

Supper:

Group B – 3 Servings

Group C – 2 Servings

Bedtime Snack:

Group A – 1 Serving

Group B – 1 Serving

Group C – 1 Serving

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