

Clear Fluids

For People with Diabetes

“Clear Fluids” means you can see through them and there are no particles or pulp.

Carbohydrates need to be consumed anytime you are using clear fluids, to provide glucose for energy. You will need to continue with your medication and insulin to control blood sugars. In addition to carbohydrate containing beverages you will need sugar free fluids to prevent dehydration.



CAUTION: Red and purple beverages are to be avoided when preparing for a colonoscopy.

Here is a sample menu to use.



Breakfast: 2/3 cup apple juice and 1/2 cup gingerale (Carbohydrate 30 grams)

Morning snack: 1 cup powerade or 3/4 cup of gingerale (Carbohydrate 15 grams)

Lunch: 1/2 cup white grape juice and 1/4 cup regular jello (Carbohydrate 30grams)

Afternoon snack: 1 cup regular gingerale (Carbohydrate 15 grams)

Evening meal: 1/2 cup regular jello and 3/4 cup Gatorade (Carbohydrate 30 grams)

Evening snack: 1/2 cup regular jello and 1 popsicle (Carbohydrate 30 grams)

Carbohydrate Beverages Each contain 10 grams of carbohydrate and can be substituted in the menu:

Apple Juice: 1/3 cup
Cranberry Juice (white): 1/4 cup
Cranberry Cocktail (white): 1/3 cup
Cranberry Cocktail Low Calorie : 1 cup
Gatorade: 3/4 cup
Grape Juice (white): 1/4 cup
Powerade: 3/4 cup
Regular Jello: 1/4 cup
Regular Iced Tea: 1/3 cup
Regular Gingerale: 1/2 cup
Regular Popsicle: 1 stick

Sugar Free Beverages:

Clear Coffee or Tea
Clear Broth
Club Soda
Crystal Light
Diet Cranberry
Diet Jello
Diet Pop
Powerade Zero
Water



Use as desired