CLEAR LIQUID DIET
A “clear liquid” has the consistency of water at room temperature and is transparent (you can see through it). Avoid clear liquids that are red in color during your preparation. Avoid alcohol and dairy products. Tomato juices and pulpy juices are NOT clear liquids.

BEVERAGES
Water
Juices: Apple, White Grape
Coffee (BLACK), Tea (Iced or Hot)
Gatorade, Vitamin Water, PowerAde, and Other Electrolyte Drinks

SOUPS
Clear Vegetable, Chicken, or Beef Broth; NO NOODLES

OTHER
Jell-O Gelatin
Popsicles
Fruit Ice or Slush
Sugar or Sweeteners Dissolved in any of the Above