

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