



## **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. Milk and dairy products, tomato juices and pulpy juices are NOT clear liquids.

### **BEVERAGES**

Water

Juices: apple, white grape

Soda (i.e. Sprite, Coke, Diet Coke, ginger ale)

Coffee without cream, Tea (iced or hot)

Gatorade, Vitamin Water, PowerAde and other “electrolyte drinks”

### **SOUPS**

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)