

CLEAR LIQUID DIET

Foods Allowed

Water	Clear broth or bouillon
Tea or coffee (without cream)	Gelatin without bits of fruit
Juices without pulp such as apple, grape, cranberry, prune, and lemonade	Popsicles without fruit or cream
Clear liquid supplements such as nutritional drinks	Italian ice
Soda	Sugar, salt, and pepper are also allowed.

Foods to Avoid

Milk	Smoothies
Cream	Milk shakes
Orange juice	Soup
Grapefruit juice	Oatmeal
Tomato juice	Cream of wheat

RED & PURPLE FOODS ARE NOT ALLOWED