



Clear Liquid diet

All day:

WARNING: *This diet is inadequate in all essential nutrients and is recommended ONLY if clear liquids are temporarily needed.*

You **CANNOT** consume anything that is RED, BLUE, PURPLE OR ANYTHING THAT CONTAINS MILK

You may have:

- Tea (decaffeinated or regular)
- Coffee (black only: **NO cream or milk**)
- Beverages (Coke/Sprite/Ginger Ale/Gatorade/etc) **NO CHEERWINE**
- Jell-O without fruit (**NO red, blue or purple**)
- Popsicles (**NO red, blue or purple**)
- Clear Broth: Bone, chicken, beef, or vegetable
- Fruit juices (**NO PULP**): apple, white grape juice or lemonade
- You may also have sugar, honey, syrup, clear hard candy (**NO red, blue or purple**) and salt