



## **CLEAR LIQUID DIET**



### **THESE ITEMS ARE ALLOWED**

- Water
- Clear Broth ; beef or chicken
- Sodas
- Tea, Coffee (no dairy including cream or milk)
- Jell-O (without fruit or topping)
- Popsicles, and Italian ices (without fruit or ice cream, and avoid red flavors)
- Artificial sweeteners
- Juices (no pulp, and you should be able to see through them)
  - Apple juice or cider
  - White Grape juice
  - Lemonade
  - Crystal Lite
  - Kool-Aid (no red)

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### **THESE ITEMS ARE NOT ALLOWED**

- Milk
- Cream
- Milkshakes
- Tomato Juice
- Orange Juice
- Any soup other than listed above
- Oatmeal
- Cream of wheat
- Red Meat
- Corn
- Potato Skins
- Tomato Skins
- ANYTHING WITH RED FOOD DYE