

## CLEAR LIQUID DIET

ALLOWED ITEMS	ITEMS NOT ALLOWED
Water Clear broth Fat-free consommé Juices (apple, white grape, white cranberry and cider) without pulp Noncarbonated, powder based beverages (lemonade and Kool-Aid, no red/purple food coloring) Sodas (Sprite, 7-Up, ginger ale and seltzer) Coffee or tea (without milk or cream) Clear gelatin (without fruit pieces or red/purple food coloring) Water ice (without fruit pieces or red/purple food coloring) Clear, hard candies Salt and sugar	Milk Cream Milkshakes Tomato juice Orange juice Grapefruit juice Cream soups Any soup other than broth Oatmeal Farina Anything with red or purple food coloring-gelatin, popsicles and hard candy

**You may have an unlimited amount of clear liquids.  
 The menu below is a guide to help with meals.**

### Sample Menu:

Breakfast: 8 ounces of apple juice, 1 cup of gelatin (without fruit), 1 cup of coffee with sugar but no milk or cream

Lunch: 1 cup of chicken consommé, 8 ounces of ginger ale, 1 cup of water ice, hot tea with sugar and lemon (no pulp)

Dinner: 1 cup of beef broth, 8 ounces of lemonade, 1 cup of gelatin (without fruit), hot tea with sugar and lemon (no pulp)