

CLEAR LIQUID DIET	
Allowed items	Not allowed items
Water Clear broth Fat-free consommé Juices without pulp such as: <ul style="list-style-type: none"> <li>• Apple</li> <li>• White grape</li> <li>• White cranberry</li> <li>• Apple cider</li> </ul> Non-carbonated powder-based beverages <ul style="list-style-type: none"> <li>• Lemonade and Kool-Aid</li> <li>• No red/purple color</li> </ul> See-through sodas <ul style="list-style-type: none"> <li>• Sprite</li> <li>• 7-Up</li> <li>• Ginger-ale</li> <li>• Seltzer</li> <li>• Colas</li> </ul> Coffee or tea without milk/cream Clear gelatin without red/purple coloring or fruit pieces Water without fruit pieces or red/purple 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 coloring <ul style="list-style-type: none"> <li>• Gelatin</li> <li>• Popsicles</li> <li>• Hard candy</li> </ul>

You may have and **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 ice water, 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)