



Clear Liquid Diet Menu

FOOD ALLOWED

- ✓ Black coffee (no cream)
- ✓ Tea
- ✓ Jello (no fruit added)
- ✓ Clear Soups (Fat-free)
- ✓ Broth
- ✓ Clear fruit juices (apple, cranberry, grape)
- ✓ Soda
- ✓ Water
- ✓ Sports Drinks
- ✓ Hard Candy (See through, not creamy; Jolly Ranchers are OK, Werthers are NOT)
- ✓ Gum (do not swallow)
- ✓ Popsicles
- ✓ Italian Ice
- ✓ Slurpee, Icee, Slushies

FOODS NOT ALLOWED

- ✗ Vegetables
- ✗ Fruits and fruit nectar
- ✗ Orange juice, grapefruit juice, tomato juice
- ✗ Any juice containing pulp
- ✗ Pudding
- ✗ Fats
- ✗ Butter
- ✗ Smoothies or shakes
- ✗ Milk or any milk products/substitutes (ice cream, yogurt, soy milk, rice milk, almond milk, etc)
- ✗ NO SOLID FOODS OF ANY KIND (cereal, nuts, breads, grains, chocolate, etc.)
- ✗ Alcoholic beverages

*Sugar or sugar substitutes may be added.

HINT: Clear liquids are anything you can see through when held up to the light, or melts down to a clear liquid when at room temperature.

**If you have any questions on what you can or cannot have, please call:
910-772-6278**