



WH Gastroenterology At Silver Stream

2421 Silver Stream Lane
Wilmington, NC 28401-7684
Phone: (910)341-3343
Fax: (910)341-3320

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

*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.

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
- × **No Red, Orange, or Purple colored food**