



WH Gastroenterology At Silver Stream

2421 Silver Stream Lane
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Clear Liquid Diet

FOODS ALLOWED	FOODS NOT ALLOWED
✓ Black coffee (no cream)	× Red, orange or purple colored food
✓ Tea	× Solid food of any kind (nuts, bread, cereal, chocolate)
✓ Jello (no fruit added, only yellow and green)	× Fruits and fruit nectar
✓ Clear Soups (fat free)	× Orange juice, grapefruit juice, tomato juice, any juice containing pulp
✓ Broth	× Vegetables
✓ White cranberry and white grape juice	× Fats
✓ Soda (no grape or orange)	× Butter
✓ Water	× Smoothies or shakes
✓ Sports Drinks (only clear, yellow or green)	× Milk or any milk products (yogurt, ice cream) or milk substitutes (rice, almond, soy)
✓ Hard Candy (see through example Jolly Ranchers and Lifesavers; no creamy, red, purple, or orange)	× Pudding
✓ Gum (do not swallow)	× Alcoholic beverages
✓ Popsicles (only white, yellow or green)	
✓ Italian Ice (only white, yellow or green)	
✓ Slurpee, Icee, Slushies (only Cola, yellow or green)	