

## CLEAR LIQUID DIET – FOOD LIST

FOOD GROUPS	FOOD ALLOWED	FOODS TO AVOID
<b>Beverages</b>	Mild carbonated beverages, regular/decaf coffee & tea, Kool-Aid or other flavored drink mixes, Gatorade	Milk/milk products, non-dairy creamer, colas, all red, blue & purple drinks
<b>Bread/Cereal</b>	None	AVOID ALL
<b>Desserts</b>	Jello without added fruit or toppings, popsicles	Red, blue & purple
<b>Eggs/Fats</b>	None	AVOID ALL
<b>Fruit</b>	Strained fruit juices without pulp (apple, white grape & lemonade)	Juice with pulp, red or purple
<b>Soups</b>	Clear broth or bouillon	ALL OTHERS
<b>Sugars/Sweets</b>	Sugar, clear hard candy, artificial sweeteners	ALL OTHERS

## SAMPLE MENU FOR A CLEAR LIQUID DIET

*Note: You may substitute with any of the allowed foods*

**Breakfast:** 1 cup of strained juice, jello, coffee or tea, 1 cup of broth

**Lunch:** 1 cup of broth, apple juice, jello, beverage

**Dinner:** soup broth, jello, beverage