

Clear Liquid Diet



Liquids that you can see through at room temperature (about 72°-78°) are considered clear liquids. **Avoid all red and purple dyes.**

Beverages

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Water, flavored waters, tea or coffee (you can add sugar, but NO milk or creamers)

Soups

- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables

Desserts

- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)



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EDUCATION**

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