

"Clear Liquid Only" Diet

<u>Food Group</u>	<u>Allowed</u>	<u>Not Allowed</u>
Dairy	none	all milk and dairy products milkshakes/smoothies
Caffeine	black coffee in moderation hot tea with no creamer cola in moderation sweet tea unsweet tea	coffee with liquid creamer coffee with non-dairy creamer
Desserts	Jell-O gelatin (no red or purple) popsicles (no red or purple)	all other desserts red and purple jello red and purple popsicles pudding
Fats	none	all fats
Fruits/Fruit Juices	strained fruit juices which are light in color such as: apple, white grape, lemonade, and pulp-free orange juice	apple sauce juices with fruit pieces in them red juices purple juices
Grains/Starches	none	all grains/starches
Meat/meat substitutes	none	all meats
Misc.	sugar, honey, syrup, and salt	
Soups	broths with no pieces and those that you can see light through	broth with pieces thickened broths
Vegetables	none	all vegetables