



# CHARLOTTE GASTROENTEROLOGY & HEPATOLOGY

## *"Clear Liquid Only" Diet*

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