

CLEAR LIQUID DIET MENU

FOODS ALLOWED ON THIS DIET ARE:

- Black Coffee*
- Tea*
- Jello (no red colors)
- Clear Soups (Fat-free)
- Clear Fruit Juices: Apple Juice, Cranberry Juice, Grape Juice
- Soda i.e.: Coke, Pepsi, Root Beer, Grape, Ginger Ale
- Water
- Sports drinks
- Hard candy
- Gum
- Popsicles

****HINT:** Clear liquids are anything you can see through when you hold the liquid up to the light**

FOODS NOT ALLOWED ON THIS DIET ARE:

- Vegetables
- Fruits or fruit nectars
- Nuts
- Fats
- Butter
- Milk or any milk products
- Fried foods
- Beef
- Pork
- Lamb – chicken
- Whole grain cereals
- Alcoholic beverages

*Sugar or sugar substitute may be added