

CLEAR LIQUID DIET DO's and DON'Ts

The clear liquid diet is designed to keep your stomach and intestines clear.

It also limits strain on your digestive system while giving your body enough fluid.

If you have any questions about what foods and beverages are allowed, please contact the office.

DRINKS THAT ARE OK	DRINKS THAT ARE NOT OK
Water, plain, carbonated or flavored	Pulpy juices, such as orange, pineapple and grapefruit
Tea or coffee without milk, cream or nondairy creamer	Milk Products (Dairy and Non-Dairy)
Sports drinks with electrolytes	Milk shakes
Carbonated drinks and beverages	Malt
Fruit juices such as apple or white grape. NO PULP	Alcoholic drinks

FOODS THAT ARE OKAY	FOODS THAT ARE NOT OKAY
Clear broth, Bouillion	Vegetables
Honey	Fruits
Hard candies	Meat or Poultry products
Gelatin without fruit	Bread
Popsicles without milk, bits of fruit, seeds or nuts	Pasta
Sugar	Rice, grains
Fruit ices	Cereals
Sorbet without milk, bits of fruit, seeds or nuts	Seeds, nuts, popcorn, corn, beans and legumes