

## Clear-Liquid Diet

Print this chart (PDF) for easy reference.

### CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY



### YES- OKAY TO DRINK

- Water
- Tea and black coffee without any milk, cream, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
  
- Clear broth including chicken, beef, or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jell-O or other gelatin without fruit; no red or purple dye
- Boost Breeze Tropical Juice drink
- Ensure Clear
  
- Italian Ice

### NO- AVOID THESE

- Alcoholic beverages
- Milk
  
- Smoothies
  
- Milkshakes
  
  
- Cream
  
- Orange juice
- Grapefruit juice
  
  
- Tomato juice
  
  
- Soup (other than clear broth)
  
  
- Cooked cereal
  
  
- Juice, Popsicles, or gelatins with red or purple dye