

FOOD ALLOWED ON A CLEAR LIQUID DIET

ITEMS	FOODS ALLOWED
BEVERAGES	Coffee without milk (may use non-dairy creamer), tea with lemon juice, carbonated beverages, apple juice, cranberry juice, white grape juice, warm fruit-flavored gelatin, fruit-flavored drinks and powders, like Gatorade, Country Time Lemonade, Kool-Aid, Crystal Light
DESSERTS	Plain gelatin desserts, clear water ices, popsicles
Soups	Fat-free clear broth and bouillon, water
Sweets	Sugar, hard candy, jellybeans, non-fat, non-dairy creamer

NOT ALLOWED ON A CLEAR LIQUID DIET

Dairy products
Solid Food