

Clear Liquid Diet



- A “clear liquid” has the consistency of water at room temperature and is transparent (you can see through it).
- Avoid clear liquids that are red in color during your preparation
- Avoid alcohol and dairy products.
- Tomato juices and pulpy juices are NOT clear liquids

What Can You Drink and Eat on a Clear Liquid Diet?



Examples include:

Water	Black Coffee	Tea (Iced or Hot)	Apple Juice	Cranberry Juice	White Grape Juice
Popsicles (Pulp-Free)	Jell-O	Fruit Ice/Slush	Vitamin Water	Electrolyte Drinks	Coconut Water
	Clear hard candy (Jolly Ranchers)	Sports Drinks (Gatorade/Powerade)	Broth (Clear Vegetable, Beef or Chicken)	Gummy Bears	

