

Clear Liquid Guide

	Choose These Foods/Beverages	Avoid These Foods/Beverages
Fruits/Juices	<ul style="list-style-type: none"> Strained, light colored fruit juices without pulp (apple, white grape, white cranberry) (no red) 	<ul style="list-style-type: none"> Canned, fresh, or frozen fruit Tomato juice
Soups	<ul style="list-style-type: none"> Clear broth or bouillon (beef, chicken, vegetable) 	<ul style="list-style-type: none"> Cream soups, soups with vegetables, noodles, rice, meat, or other chunks of food Cream based broths
Beverages	<ul style="list-style-type: none"> Water, plain or flavored (still or sparkling) Ice Chips Tea (black only, no milk or cream) Gatorade, Pedialyte, Powerade Carbonated and non-carbonated soft drinks that are light in color (Sprite, 7-UP, Ginger ale) (no red) 	<ul style="list-style-type: none"> Coffee Red liquids Alcoholic beverages Protein Shakes
Sweets and Desserts	<ul style="list-style-type: none"> Jell-O (no red, purple, blue) Popsicles without fruit or cream (no red, purple, blue) Fruit ices (without chunks of fruit) (no red, purple, blue) Clear hard Candy 	<ul style="list-style-type: none"> All Others
Vegetables	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All
Milk and Dairy Products	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All
Bread, Cereals, Grain Products	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All
Meat, Chicken, Fish, and Meat Substitutes	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All
Oil, Butter, Margarine	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All