

## **CLEAR LIQUID DIET GUIDE**

**As a rule – if you can see through it, you can drink it  
(no alcohol)**

**BEVERAGES:** Gatorade is the preferred clear liquid (no red or purple).  
Clear juice such as white grape juice, apple juice, white  
cranberry juice. Nothing with pulp!  
Coffee, plain with NO cream or milk.  
Any flavor soft drinks, soda, tea.  
**Drink LOTS of water!**

**DESSERTS:** Gelatin, Jell-O, and popsicles. NO red flavors, NO  
sherbets, NO fruit bars.

**SOUPS:** Clear broth which can be canned, home-made, or  
bouillon.

**SWEETS:** Hard candy such as mints, lifesavers, etc.