



## **Clear Liquid Diet**

### **You May Have The Following:**

- Water
- Clear Bullion (chicken, beef, or vegi)
- Coffee or Tea, without milk or creamer
- Gatorade
- Soft Drinks
- Kool-Aid (no red/purple Kool-Aid)
- Jell-O, without fruit (no red/purple Jello-O)
- Popsicles (**no** red/purple)
- Apple Juice
- White Grape Juice
- Lemonade, without pulp
- Other Clear Juices, without pulp
- White Cranberry Juice

### **You May NOT Have the Following:**

- Red/Purple Jell-O or
- Red/Purple Popsicles
- Milk or Milkshakes
- Any Solid Foods