



Clear Liqui Diet

If you have been told to maintain a clear liquid diet prior to surgery, this includes:

- Plain water.
- Fruit juices without pulp: filtered apple juice, grape juice, cranberry juice, etc.
- Fruit flavored beverages: fruit punch, lemonade, ensure clear.
- Fat free soup broth (bouillon or consommé).
- Clear sodas such as ginger ale and sprite.
- Gallatin (Jell-O).
- Sugar or Honey.
- Popsicles that **DO NOT** have bits of fruit or fruit pulp in them.
- Tea or coffee with **NO** cream or milk added.
- Sports drinks such as Gatorade.

Clear liquids and foods may be colored so long as you are able to see through them in a glass container. Foods can be considered liquid if they are even partly liquid at room temperature. You **CANNOT** eat solid food when on a clear liquid diet. If you have to crunch a food, it is not a liquid.