



## CLEAR LIQUID DIET SUGGESTIONS

### **Drinks That Are Okay:**

- Water
- Black coffee or Tea without milk or cream
- Sport drinks with electrolyte
- Carbonated beverages and soda
- Apple juice

### **Drinks That Are Not Okay:**

- Orange or pineapple juice
- Milk or dairy products
- Milk shakes
- Malt
- Alcoholic Drinks

### **Foods That Are Okay:**

- Clear broth and soup
- Honey
- Hard candies
- Jell-O
- Popsicles
- Sugar
- Fruit Ices
- Sorbet

### **Foods That Are Not Okay:**

- Vegetables
- Fruits
- Meats or poultry products
- Bread
- Pasta
- Rice, grains
- Cereals
- Seeds and nuts

**IMPORTANT: Avoid anything Red or Purple in color.** Examples are red or purple sports drinks and red or purple Jell-O. Please note these drinks and foods are okay in other colors.

### **QUESTIONS:**

If you have any questions, please contact our office at (410)290-6677.