



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

Foods That Are Okay:

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

Drinks That Are Not Okay:

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

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 (484) 339-6869.