CLEAR/THIN LIQUID DIET

***No Solid Foods***

Thin soup broth: (**NO** CRACKERS, RICE, OR NOODLES)

Bouillon, Consommé

Gatorade, all flavors

Water, flavored water OK

Tea or Coffee (**Non-Dairy** creamer for coffee/tea is allowed)

\*\*\* **NO** Dairy Products \*\*\*

All soft drinks including diet are allowed (7-Up, Coca-Cola, Ginger Ale, Sprite, Pepsi, Dr. Pepper)

Ice Popsicles only (**NO** ice cream or fruit bars)

Original flavored gelatin \*\* all flavors, *EXCEPT RED* \*\*

**NO** Jell-O Pudding or **NO** Jell-O Mousse

**Strained** fruit juices without pulp (apple, lemon, white grape, etc.)

**NO** Orange Juice

**NO Apple Sauce**

**NO V-8, NO Tomato Soup, NO Smoothies**

**NO Alcoholic Beverages**

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* If you are Diabetic and taking insulin, ONLY TAKE HALF of your dose on the two days of this liquid diet
* If you are Diabetic and taking tablets, DO NOT TAKE them the two days of this liquid diet