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Dietary Recommendations for Clear Liquid Diet

A Clear liquid diet may be prescribed prior to your procedure. Your meals may consist of any amount you would like of any of the listed food groups, and can only be from what it on this list.

If it is not on the list, you may not have it!

- **Fruit Juices**

Apple, White Grape, and Pineapple (No Pulp)

- **Beverages**

Sprite, 7-Up, Green Tea, Gatorade, PowerAde, Propel, Kool Aid, Strained Lemonade, NO coffee

- **Soup**

Clear Broth or Bouillon

- **Desserts/Sweets**

Popsicles, Fruit Flavored Ices, Flavored Gelatin, and Hard, Clear Candy

- **Seasoning**

Lemon Juice, Honey, Sugar