

Clear Liquid Diet

The clear liquid diet includes only those foods that are clear and foods that are liquid at room temperature, just as jello.

<i>Food Type</i>	<i>Liquids Allowed</i>	<i>Liquids NOT Allowed</i>
<i>Beverages</i>	<ul style="list-style-type: none"> • Water • Coffee & tea (regular or decaffeinated) • Kool-aid, fruit punch, fruit flavored beverages • Sports drinks • Carbonated beverages limited to 2/day 	<ul style="list-style-type: none"> • Milk & milk products • Alcoholic beverages
<i>Fruit Juices</i>	<ul style="list-style-type: none"> • Strained juices including apple, grape, orange, cranapple, cranberry, cherry juice 	<ul style="list-style-type: none"> • Fruit juice with pulp • Prune juice
<i>Soups</i>	<ul style="list-style-type: none"> • Clear chicken, beef, or vegetable broth • Bouillion or consommé 	<ul style="list-style-type: none"> • All others
<i>Desserts</i>	<ul style="list-style-type: none"> • Jello, except red • Popsicles, except red • Snowballs, except red 	<ul style="list-style-type: none"> • Any red liquid • All other desserts
<i>Sugars/Sweets</i>	<ul style="list-style-type: none"> • Sugar, honey, syrup • Hard candy 	<ul style="list-style-type: none"> • All others
<i>Seasonings</i>	<ul style="list-style-type: none"> • Salt 	<ul style="list-style-type: none"> • All others
<i>Meat</i>	<ul style="list-style-type: none"> • None 	
<i>Fats</i>	<ul style="list-style-type: none"> • None 	
<i>Breads/Cereals</i>	<ul style="list-style-type: none"> • None 	
<i>Vegetables/Fruit</i>	<ul style="list-style-type: none"> • Clear, strained liquid 	<ul style="list-style-type: none"> • All others

The day before your procedure, do not drink any red colored liquid, such as jello, Popsicles, & red juice. By avoiding these red colored liquids, your returns from the prep should be yellow or light green.

Clear Liquid Recipes

Frozen Fruit Slush

1-6oz can frozen clear juice concentrate
4 Tablespoons sugar
3 cups crushed ice

Mix all ingredients.
Blend until smooth.

Fruit Fizz

1-cup clear liquid juice
½ cup sparkling water
½ cup ice

Blend ice and juice until slushy. Pour in glass & add sparkling water.

Lemon Lime Slushie

Juice from two limes & one lemon, strained
1-cup sparkling water
1-cup ice
4 teaspoons sugar, or to taste

Blend ice & juice 'til slushy.
Add sparkling water.