

"Clear Liquids Only" Diet

Food Group	Allowed	Not Allowed
Dairy	None	No milk or non-dairy creamers. No protein drinks
Meat	None	
Vegetables	None	
Fruit	None	
Grains/Starches	None	
Fats	None	
Clears liquids	<ul style="list-style-type: none"> -Water, plain or flavored -Gatorade, Pedialyte or Powerade -Drinks made with powdered mixes (Kool Aid and Crystal Light) -Fruit Juices (white grape, apple juice, lemonade) -Clear Broth or Bouillon (Beef, chicken, bone, or vegetable-flavored) Tip: May strain chicken-noodle or Japanese restaurant style soups Additional Tip: Warm broth just prior to starting your colon prep may reduce nausea -Coffee or Tea -Soft Drinks (Sprite, Ginger ale) Pepsi, Coke, Root Beer, and Colas are allowed -Jell-O gelatin (lemon, or lime) -Popsicles without milk or bits of fruit and Hard Candy 	<ul style="list-style-type: none"> -NO red or purple -NO Alcohol -NO Applesauce nor Bananas -NO juices with pulp -No noodles -No milk, creamers, almond, coconut or soy milk -No puddings -No red or purple, No pulp /fruit pieces
Miscellaneous	Sugar, honey, and salt	