



CLEAR LIQUID DIET

FOOD GROUP	FOODS ALLOWED	FOODS RESTRICTED
Milk	None	All
Vegetable	None	All
Bread/Starch	None	All
Fruit	Apple Juice, White Grape Juice, White Cranberry Juice	All Others
Meat	None	All
Fat	None	All
Beverage	Tea, Black Coffee, fruit flavored beverages, Water, Gatorade, carbonated beverages	All Others
Dessert	Plain ices, flavored gelatin, popsicles	Ice cream, sherbert, custard, gelatin containing fruit
Seasoning	Sugar, salt	All Others
Soup	Broth, bouillon, consommés	All Others
Sweets	Clear hard candy	All others