

## CLEAR LIQUID DIET

Why do I need to ingest clear liquids before my procedure?

- Maintains fluid in your body
- Easy for your body to digest
- Leaves little or no residue in the digestive tract

CLEAR LIQUIDS FOOD GROUP	FOODS TO INCLUDE	FOODS TO AVOID
	❖ Clear Drinking Water	❖ No colored water (red, blue, or purple dyes)
	❖ Clear Broths: Chicken, Beef, or Vegetable (no solid particles)	❖ No Soups other than Clear Broth
	❖ Clear Juices: Apple Juice White Grape Juice Lemonade (no pulp)	❖ No juices with red, blue, or purple dyes ❖ No Orange Juice ❖ No Grapefruit Juice ❖ No Tomato Juice
	❖ Clear Sodas: 7 up Sprite Ginger Ale  Diabetics are encouraged to	

	<p>drink Diet drinks</p> <ul style="list-style-type: none"> <li>❖ Gatorade</li> </ul> <p>Diabetics are encouraged to drink Diet drinks</p>	<ul style="list-style-type: none"> <li>❖ No Gatorade with red, blue, or purple dyes</li> </ul>
	<ul style="list-style-type: none"> <li>❖ Tea with or without sugar</li> </ul>	<ul style="list-style-type: none"> <li>❖ No milk</li> <li>❖ No cream</li> </ul>
	<ul style="list-style-type: none"> <li>❖ Coffee with or without sugar</li> </ul>	<ul style="list-style-type: none"> <li>❖ No milk</li> <li>❖ No cream</li> </ul>
	<ul style="list-style-type: none"> <li>❖ Popsicles</li> </ul>	<ul style="list-style-type: none"> <li>❖ No Popsicles with fruit or cream</li> <li>❖ No Popsicle with red, blue, or purple dyes</li> </ul>
	<ul style="list-style-type: none"> <li>❖ Italian Ice</li> </ul>	<ul style="list-style-type: none"> <li>❖ No Italian Ice with red, blue, or purple dyes</li> </ul>
	<ul style="list-style-type: none"> <li>❖ Jell-O without fruit</li> </ul>	<ul style="list-style-type: none"> <li>❖ No Jell-O with fruit</li> </ul>

		  <p>❖ No Fruit Smoothies</p>   <p>❖ No Oatmeal</p>
--	--	---