

Clear Liquid Diet

This diet consists of food products that are clear (things you can see through).

Remember: Always keep yourself well hydrated

ALLOWED

Food Category	Food Allowed
Beverages	Water, Tea or Coffee (without milk), Apple Juice, Ginger Ale, Gatorade, or other clear drinks
Desserts	Jelly (only yellow or orange)
Soups	Clear Soups (consommé, bonox, chicken soup- strained)

The above diet should be followed strictly in order to help ensure a thorough examination.

No other food are allowed with this diet. Some examples of foods NOT allowed are listed below.

NOT ALLOWED

- Milk
- Cheese
- Bread
- Eggs
- Fruits
- Vegetables
- Meats
- Poultry
- Fish
- Nuts