

"Clear Liquids Only" Diet

<i>Food Group</i>	<i>Allowed</i>
Dairy	None
Meat/Meat Substitutes	None
Vegetables	None
Fruits/Fruit Juices	Strained fruit juices which are light in color such as: apple, white grape, lemonade and pulp free orange juice
Caffeine	Black coffee, hot tea no creamer, soft drinks, sweet tea, unsweet tea
Grains/Starches	None
Fats	None
Desserts	Jell-O gelatin and popsicles (no red or purple)
Miscellaneous	sugar, honey and salt