Clear Liquid Diet

Liquids that you can see through at room temperature (about 72°-78°) are considered clear liquids. Avoid all red and purple dyes.

**Beverages**
- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Water, flavored waters, tea or coffee (you can add sugar, but NO milk or creamers)

**Soups**
- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables

**Desserts**
- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)
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