

Mountain View Gastroenterology, PC
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CLEAR LIQUID DIET

❖ **BEVERAGES:**

- Black coffee
- Tea
- Carbonated beverages
- Gatorade
- Powerade
- Tang
- Ginger Ale

❖ **FRUIT JUICES:**

- Clear or strained fruit juices without the pulp, such as
- White Cranberry juice
- Apple juice
- White Grape juice

❖ **SOUPS:**

- Bouillon
- Clear broth
- Consomme

❖ **DESSERTS & SWEETS:**

- Clear Jell-O
- Popsicles
- Clear hard candy
- Lemonade ices

❖ **MISCELLANEOUS:**

- Salt
- Lemon juice
- Honey
- Sugar substitutes

DO NOT HAVE ANY OF THE FOLLOWING:

- **NO MILK OR DAIRY PRODUCTS**
- **NO RED JUICES or RED JELL-O**
- Absolutely **NO SOLID FOOD!!**