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Clear Liquid Diet

A clear liquid diet is commonly prescribed in preparation for a gastrointestinal procedure or surgery, especially involving the colon. Below is a list of foods considered appropriate for a clear liquid diet. Please be aware that your doctor may also limit certain food colorings and dyes (such as no red liquids for a colonoscopy). A general rule of thumb: clear liquids are transparent when held up to the light.

Foods to include:

- Clear broth or strained soup
- Gelatin desserts (Jello)
- Carbonated beverages
- Fruits juices, but not fruit purees
- Fruit drinks, including lemonade and limeade
- Coffee and tea (with sugar only, not cream)
- Popsicles
- Hard candy
- High calorie fruit drinks, but not meal replacements
- No milk, cream or other dairy products