

Clear Liquid Diet for Gastroenterology Procedures

Foods Allowed:

- Water
- Tea or Coffee (without creamer or milk)
- Broth, bouillon, or consommé
- Flavored water (no red or purple dyes)
- Clear soda
- Apple juice
- Crystal light (no red or purple dyes)
- Lemonade (strained, no pulp)
- White Cranberry Juice
- White Grape Juice
- Gelatin (without fruit, no red or purple dyes)
- Italian Ice not Sherbet (no red or purple dyes)
- Sports drinks (no red or purple dyes)
- Popsicles (no red or purple dyes)

Foods to avoid:

- Avoid Milk and Milk Products
- Avoid all Solid Food
- Avoid Tomato or Cream Soups
- Avoid foods that contain **Red or Purple dye**