

 PROVIDENCE  
GASTROENTEROLOGY

*Designated Patient-Centered Specialty Practice*  
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### **CLEAR LIQUID DIET**

When following the clear liquid diet, you may have only the following clear fluids  
(no solid foods are allowed):

Clear Broth (low sodium chicken, beef)

Jell-O (no fruit pieces)

Fruit Ice (no fruit pieces)

Clear Juices (apple, cranberry, cranberry, fruit punch, grape, or juices without pulp)

Carbonated Beverages

Coffee (no milk products)

Decaffeinated Coffee (no milk products)

Tea (no milk products)

Soft drinks (7-up, Cola, Ginger ale, Orange, Sprite, etc.)

Strained fruit juices (without pulp, Apple, White cranberry, Orange, White grape)

Sport drinks like Gatorade, Propel, Vitamin water

Sugar

Salt

Water

Popsicles