

EXAMPLES OF APPROVED CLEAR LIQUIDS

- SODAS
- COFFEE (BLACK ONLY)
- TEA
- CLEAR JUICES
- FITNESS DRINKS
- FLAVORED WATERS
- CHICKEN, VEGETABLE AND BEEF BROTH (NO NOODLES)
- GLEATIN
- POPCICLES
- HONEY, SUGAR
- HARD CANDY

**ABSOLUTELY NO MILK, CREAMER, DAIRY, PULP, FRUIT OR
FRUIT PIECES**

NOTHING RED, PURPLE, BLUE OR ORANGE

LIQUID DIET FOR 2 DAY PREPS ONLY

ALL OF THE ABOVE PLUS:

- APPLESAUCE
- SHERBET
- ICECREAM
- PUDDING
- CUSTARD
- MILK
- MILKSHAKES
- YOGURT (NO FRUIT)
- MEAL SUPPLEMENT DRINKS (BOOST, ENSURE, SLIM FAST, ETC.)
- CREAMY MASHED POTATOES

You will only be allowed these items on day 1 of your 2-day prep; day 2 start clear liquid diet