**Clear Liquid Diet Options:** (**Do not drink anything red, green, or purple. No solid foods and no dairy products)**

* Water (plain, carbonated, or flavored)
* clear (fat-free) broth (bouillon or consommé)
* clear nutritional drinks (Ensure Clear)
* carbonated sodas such as Sprite, Pepsi, and Coca-Cola
* clear soups
* coffee without milk or cream
* hard candies (lemon drops or peppermint rounds)
* honey or sugar
* fruit juices without pulp (apple, white grape, and white cranberry)
* lemonade without pulp
* plain gelatin (Jell-O)
* popsicles without milk, seeds, nuts, fruit pulp, or fruit pieces inside
* sports drinks (Gatorade, Powerade, Vitamin Water)
* tea without milk or cream
* Ensure clear
* Boost Breeze