

ALBANY GASTROENTEROLOGY CONSULTANTS
1375 Washington Avenue
Albany, New York 12206
Phone: 438-4483

CLEAR LIQUIDS

BEVERAGES:

- **CLEAR JUICES: APPLE JUICE, WHITE CRANBERRY, WHITE GRAPE, LEMONADE, LIMEADE, CITRUS JUICES (STRAINED)**
- **HERBAL TEA, TEA, COFFEE (WITHOUT CREAM/MILK – NO DAIRY PRODUCTS), ICED TEA, ICED COFFEE**
- **GATORADE, SPORTS DRINKS, CRYSTAL LITE, SNAPPLE**
- **CLEAR CARBONATED BEVERAGES: GINGERALE, SEVENUP, SPRITE, MINERAL/PLAIN WATER, FLAVORED WATERS, (NOT RED, BLUE OR PURPLE)**

SOUPS: CLEAR BROTH, BOULLION, CONSOMME (ALSO FAT FREE), STRAINED VEGETABLE BROTH

DESSERTS: * PLAIN POPSICLES, HARD CANDIES, FLAVORED GELATIN, FRUIT ICE, ITALIAN ICE (WITHOUT FRUIT)

OTHER: *SUGAR, HONEY, HERBS, MILD SEASONINGS, SALT

ONE CUP EQUALS 8 OZ.

BREAKFAST: 1 CUP JUICE, ¼ CUP CLEAR BROTH, 1 POPSICLE, 1 CUP HERBAL TEA, REGULAR TEA OR COFFEE (NO DAIRY PRODUCTS), SUGAR OR HONEY

A.M. SNACK: 1 CUP CLEAR BEVERAGE

LUNCH: ½ CUP JUICE, ¼ CUP CLEAR BROTH, ¼ CLEAR SOFT DRINK/BEVERAGE, ½ CUP GELATIN, ½ CUP FRUIT ICE/ITALIAN ICE

P.M. SNACK: ONE POPSICLE

DINNER: ½ CUP JUICE, ¼ CUP CLEAR BROTH, ¼ CUP CLEAR BEVERAGE, ½ CUP GELATIN, 1 CUP HERBAL TEA, TEA, COFFEE WITH HONEY OR SUGAR, ½ CUP FRUIT ICE OR ITALIAN ICE

EVENING SNACK: 1 CUP FLAVORED GELATIN

YOU MAY CONTINUE DRINKING CLEAR LIQUIDS UNTIL BEDTIME