**Ideas for Clear Liquids to drink.**

**Make sure you can see through them and they are not red or purple.**

Water. Strained fruit juices with out pulp (apple or white grape), tea or coffee without creamer or milk. clear chicken or beef broth or bouillon, ginger ale, lemon-lime soda, sport drinks (Powerade or Gatorade), plain Jell-O without fruit added or topping, popsicles.

**Low Residue Diet (Eat a couple of days before your prep day)**

This diet is designed to reduce the frequency and volume of fecal output while prolonging intestinal transit time. Indigestible carbohydrate intake is reduced by limiting ingestion of fruits and vegetables to limited amounts of well-cooked or canned vegetables and canned, cooked or very ripe fruits and by replacing whole-grain breads and cereals with refined products. Legumes, seeds and nuts are omitted.

Recommended Foods:

* Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes and waffles
* Enriched white or light rye breads and rolls
* Saltines, Melba toast
* Refined ready to eat cereals such as puff rice and puffed wheat
* Strained oatmeal, grits and farina
* Refined cold cereals made of rice, corn or oats (Rice Krispies, Cornflakes, Cheerios)
* White rice, refined pasta, macaroni, noodles

**Foods to Avoid:**

* Any bread products with whole grain flour or graham flour, bran, seeds, nuts and coconut
* Raw vegetables and vegetables with seeds, sauerkraut, winter squash and peas
* Raw or dried fruits (all berries)
* Dry beans, legumes, peas and lentils