



# GASTROINTESTINAL ASSOCIATES OF NORTHEAST TENNESSEE, PC

## CLEAR LIQUID DIET OPTIONS

The photos below are examples of **safe** options, with the guidelines listed below each photo for clarification-

Tea & Coffee	Sweeteners	Powdered Drink Mixes	Vitamin Water & Coconut Water	Carbonated Beverages
Black only! NO creamers (this includes dairy + non-dairy)	Sugar only! NO honey	NO red, green, or purple	NO red, green, or purple	NO red, green, or purple
Sports Drinks	Popsicles	Jell-O	Juices	Broths
NO red, green, or purple	NO red, green, or purple	NO red, green, or purple	NO pulp, red, green or purple. Clear juices only!	NO noodles, rice, veggies or proteins. Clear broth only!