

CLEAR LIQUID DIET CHOICES AND RECIPES

If you experience nausea or vomiting during the prep, try the following:

- Chill the mixture
- Suck on lemon or lime slices
- Add a flavored powdered drink such as Crystal Light® or Lemonade mix Take a 15-30 minute break, then start drinking again

NO ALCOHOLIC BEVERAGES

- water • tea • plain coffee • clear juices such as apple or white grape • lemonade from powdered mix
- fruit-flavored drinks, such as Kool-Aid®, Crystal Light®, etc. • carbonated beverages/soda
- sports drinks, such as Gatorade®, All-Sport®, Powerade®, etc. • fat-free broth/bouillon/consomme
- plain/flavored gelatins • sorbet • fruit ices/Italian ices • popsicles® (without milk or added fruit pieces)
- honey • sugar • hard candy

CLEAR LIQUID DRINK RECIPES

Note: Homemade ice pops can be made using fruit juice, sports drinks or other favorite clear liquids.

High Protein Fruit Drink

8 oz. commercial clear liquid nutritional drink
 ½ cup sorbet
 6 oz. ginger ale
 Mix all ingredients and blend until smooth

Lemon Lime Slush

Juice from two limes and one lemon
 1 cup sparkling water
 1 cup ice
 4 tsp sugar or to taste
 Blend ice and juice until slushy. Pour in glass and add sparkling water.

Fruit Fizz

1 cup clear fruit juice from clear liquid list
 ½ cup sparkling water
 ½ cup ice
 Blend ice and juice until slushy. Pour in glass and add sparkling water.

Frozen Fruit Slush

1-6 oz. can of frozen clear juice
 concentrate 4 tbsp sugar
 3 cups crushed ice
 Mix all ingredients and blend until smooth

