

Examples of Soups & Smoothies:

Soups

Chicken noodle

Tomato

Vegetable (put in blender to make thinner)

Potato (put in blender to make thinner)

Smoothies

Any fruit/veggie in the blender

Apple sauce

Pudding

Oat meal

Examples of Clear Liquids:

Water

Clear broth or bullion

Jell-o

Popsicles

Limeade/lemonade

Coffee or tea (no milk/cream)

Flavored water

Crystal light

Clear juices without pulp

Lemon/lime sports drinks

Lemon/lime soda

Ginger ale

Hard candy

**\*NO RED, PURPLE, BLUE OR ORANGE COLORS**

**\*NO ALCOHOL**

**\*NO ORANGE JUICE, FRUIT NECTARS, VEGETABLE  
JUICES**