

(All items in **Bold Print** require a choice.)

Clear Liquid

Broths

Broth: Chicken^(2g) Beef^(2g) Vegetable^(2g)

Beverages

Water

Hot Herbal Tea:

- Mint Medley
- Cozy Chamomile
- Orange Spice
- Sweet Dreams
- Lemon Ginger
- Sweet Dreams

Crystal Light: Lemon Raspberry Ice

Desserts

Sugar Free Popsicle^(0g)

Sugar Free Berry Gelatin^(1g)

Condiments

Salt

Sweetener:

Equal® Splenda® Sweet & Low®^(1g)

Bariatric Clear Liquid Diet

- Sip your liquids slowly
- No straws ♦ No caffeine
- No sugar ♦ No carbonation

***Some items may not be allowed if other restrictions are in place.**

(All items in **Bold Print** require a choice.)