

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

## **Clear Liquid**

### **Broths**

**Broth:**  Chicken<sup>(2g)</sup>  Beef <sup>(2g)</sup>  Vegetable<sup>(2g)</sup>

### **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<sup>(0g)</sup>

Sugar Free Berry Gelatin<sup>(1g)</sup>

### **Condiments**

Salt

**Sweetener:**

Equal®  Splenda®  Sweet & Low®<sup>(1g)</sup>

#### **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.**

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