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| **Clear fluids** | **Meat/fish/poultry and cheese** | **Breads** | **Vegetables** | **Desserts** | **Other** |
| Water  Fizzy drinks  Squash  Cordials  Sports drinks  2-3 glasses alcohol (no red coloured alcohol)  Vegemite and equivalent  Weak tea/coffee (without milk)  Ice lollies | Well-cooked –roasted/steamed or broiled, white meat, poultry, fish, liver, eggs, shellfish,  Smooth peanut butter (up to 2 tablespoons a day)  Hard or cottage cheese,  Tofu  Well pureed humus | White wheat or seedless rye bread, rolls, melba toast, plain muffin, biscuits, soda crackers, croissants, bagels, naan, ciabatti  White rice  Refined pasta | White or sweet potatoes (flesh only),  Well cooked vegetables (flesh only) such as –  Tomatoes (no skin or seeds)  Carrots  Asparagus tips  Pureed spinach  Aubergine  Green beans  Potatoes (no skin)  Raw vegetables  Lettuce  Cucumber (no seeds)  Courgettes (no seeds)  Liquidised vegetable juices  Courgettes/ marrow/squash (no skin or seeds)  Avocado | Custard,  Clear jelly (not red or purple)  Rice/semolina/tapioca puddings,  Plain cakes/scones, cookies  Candy/Sherbet/ Toffees  Pancakes, waffles  Ice cream  Smooth yoghurt | Strained cream soups, broth soups such as chicken noodle/chicken rice  Smooth jam/marmalade/ golden syrup/ honey  Sugar  Gravy,  tomato sauce,  soy sauce  Salt,  pepper,  spices  Mayonnaise  Dressing without nuts  Oil,  margarine/butter  Fruit juices (not prune juice, no bits)  Vegetable juices (no bits) |
| **Cereals** | **All types of milk**  **(no more than 300mls day)** |
| Cornflakes  Rice Krispies  Special K  Sugar Puffs  Cheerio’s  Ready Break | Cows  Soya  Goat  Almond  Rice  Coconut |