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| **Clear fluids** | **Meat/fish/poultry and cheese** | **Breads** | **Vegetables** | **Desserts** | **Other** |
| Water Fizzy drinksSquashCordialsSports drinks2-3 glasses alcohol (no red coloured alcohol)Vegemite and equivalentWeak 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,TofuWell pureed humus  | White wheat or seedless rye bread, rolls, melba toast, plain muffin, biscuits, soda crackers, croissants, bagels, naan, ciabattiWhite riceRefined pasta | White or sweet potatoes (flesh only), Well cooked vegetables (flesh only) such as –Tomatoes (no skin or seeds)CarrotsAsparagus tipsPureed spinachAubergineGreen beansPotatoes (no skin)Raw vegetablesLettuce Cucumber (no seeds)Courgettes (no seeds)Liquidised vegetable juicesCourgettes/ marrow/squash (no skin or seeds)Avocado | Custard, Clear jelly (not red or purple)Rice/semolina/tapioca puddings,Plain cakes/scones, cookiesCandy/Sherbet/ ToffeesPancakes, wafflesIce creamSmooth yoghurt | Strained cream soups, broth soups such as chicken noodle/chicken rice Smooth jam/marmalade/ golden syrup/ honeySugarGravy, tomato sauce, soy sauceSalt, pepper, spices MayonnaiseDressing without nutsOil, margarine/butterFruit juices (not prune juice, no bits)Vegetable juices (no bits) |
| **Cereals** | **All types of milk****(no more than 300mls day)** |
| CornflakesRice KrispiesSpecial KSugar PuffsCheerio’sReady Break | CowsSoyaGoatAlmondRiceCoconut |