What **drinks** are **OK**?

- Water
- Coffee (no milk or cream)
- Clear Sport Drink (with electrolytes)
- Tea
- Clear Soda (Sprite, 7-Up)
- Apple Juice

What **foods** are **OK**?

- Honey
- Jello with no toppings (no red or purple jello)
- Popsicle
- Hard Candy
- Clear Broth
What **drinks** are **NOT OK**?

- Milkshake
- Coffee with cream
- Pineapple Juice
- Orange Juice
- Milk
- Alcohol

What **foods** are **NOT OK**?

- Bread, Grains, Rice
- Soup with food
- Meat
- Milk or Dairy
- Vegetables
- Fruit