

Things you can eat 4 days before your test:

- Bread:** White only. It can be toasted or buttered.
- Cereal:** Flakes, no nuts or seed cereals.
- Dessert:** Puddings, jello, ice cream (plain), or plain cake.
- Drinks:** Weak coffee or tea, milk, juice, or water.
- Eggs:** Scrambled or hard boiled.
- Fruit:** Any fruit in small amounts, except strawberries, kiwi (seeds etc.).
- Meat:** Beef, chicken, fish, or pork- roasted, broiled, or baked.
- Pasta:** Noodles are okay. **No red sauce.**
- Salad:** Lettuce only, or cottage cheese.
- Spices:** Salt, lemon, vinegar.
- Soup:** Broth or blended vegetable soup.
- Vegetables:** Mshed potatoes and blended veggies only.

Do Not Eat or Drink:

- Any canned, salted, spicy, or smoked meats and fish.
- Figs, nuts, raisins, radishes, cucumbers, cabbage, tomatoes, onions, garlic.
- Any alcoholic drinks or sodas. **You can have 7-up.**
- Juices with pulp (prune, orange, grapefruit, lemonade).
- **Any Fried Foods!!**

Clear Liquids you can have 1 day before your test:

Apple juice, cranberry juice, 7-up, clear broth, jello (**not red**), Gatorade.

DO NOT DRINK: Coffee, Tea, or Alcohol.