

## **Carbohydrate Counting:**

Clear liquid food choices the day before your colonoscopy:

Meals should be 45 grams of carbohydrate and snacks should be 15-30 grams of carbohydrate.

<b>Food Items</b>	<b>Grams of carbohydrate</b>
Apple Juice (4 ounces)	15
White grape juice (4 ounces)	20
Sports drink such as Gatorade (8 ounces)	14
Gelatin (Jello), regular sweetened (1/2 cup)	15
Orange popsicles or ice pops	15
Italian ice (not sherbet)	30
Sugar (for coffee or tea) (1 teaspoon or packet)	4
<b>Sugar free food items without carbohydrates</b>	
Fat free broth	0
Diet clear soda	0
Coffee, black	0
Tea, unsweetened or diet, black	0
Seltzer	0
Flavored water	0