

SOFT FOOD DIET AND SUGGESTIONS

SOFT FOOD DIET

A soft food diet is important to ensure proper healing after your procedure. For this reason, a soft food diet has been prescribed for you post surgically for the next _____ or until otherwise instructed by Dr. Wilde or staff. Below is a list of suggestions of foods to eat and to avoid in this time frame. Exercise caution, some of the suggestions are better left for later in the healing process; if anything causes pain or discomfort do not eat it. Lastly, feel free to get creative to keep your food interesting and your body healthy.

SOFT FOOD SUGGESTIONS-These foods are easily chewed and swallowed:

- Soups/Pastas: Cream, strained, pureed, or blended soups
Pasta cooked to a very soft consistency
Pureed or blended sauces
- Proteins: Soft fish carefully de-boned
Canned tuna or chicken
Eggs scrambled or soft boiled
Ground or tender meats (braised meats or slow cooked)
Tofu
- Dairy: Milk products
Smooth yogurts
Mild- flavored cheeses finely grated or melted
Cottage or ricotta cheese
- Fruits /
Vegetables: Skinless/seedless fruits and vegetables that can be cooked
(Apples, pears, carrots, cauliflower)
Baked or mashed potatoes or sweet potatoes with skin removed
Soft fruits (ripe bananas, melon)
Pureed berries strained to remove skins and seeds
Avocados
Fruit and vegetable juices
- Breakfast: Hot cereals/porridge (Cream of wheat, oatmeal, grits)
Milk softened cereals (Rice Krispies, Corn Flakes)
Soft breads and muffins with any hard crusts removed, no nuts or seeds
- Desserts: Smooth ice cream
Shakes
Frozen yogurt
Sherbert
Soft fruit ices
Custards or pudding
Soft cake

FOODS TO AVOID

- Chewy or crusty breads, especially those with whole seeds, grains or raisins
- Bagels, English muffins
- Chips and crisps
- Popcorn
- Corn and peas
- Legumes with tough skins (black beans, kidney beans)
- Hard cereals
- Rice
- raw vegetables and cooked vegetables that can't be easily mashed
- Dried fruits
- Fruits with seeds
- Pineapple
- Raw apples
- Fruit skins
- Tough, stringy, or chewy meats
- Cased meat products like hot dogs, brats, and sausage
- Sliced or cubed cheese
- Salad