

LIZ LIZ

What Is a Soft Diet?

The best rule of thumb is to not eat anything that you cannot squish with your fingers. If food can be very easily cut with a fork, then it is probably okay to eat. If you think it is not soft, then it should be avoided!

A soft diet is made up of foods that are soft and easy to chew and swallow. These foods may be chopped, ground, mashed, pureed, and moist. No pizza and no biting into sandwiches

If you have had full mouth implants, the soft diet will continue for 4 full months!

If you only had implants/grafting on one side, then you will want to eat soft on the treatment side only.

You will need to be creative. It is okay to chop up food into small bites! Ask us for help!

How do I prepare soft food?

- Cut food into small pieces that are ½ inch or smaller in size because they are easier to swallow.
- Use chicken broth, beef broth, gravy, or sauces to cook or moisten meats and vegetables. Cook vegetables until they are soft enough to be mashed with a fork.
- Use a food processor to grind or puree foods to make them easier to chew and swallow.
- Use fruit juice to blend fruit.
- Strain soups that have pieces of meat or vegetables that are larger than ½ inch.

Which foods should I include?

- **Breads, cereals, rice, and pasta (must be extremely moist):**
 - Breads, muffins, pancakes, or waffles moistened with syrup, jelly, margarine or butter
 - Moist dry or cooked cereal
 - Macaroni, pasta, noodles, or rice
- **Fruits and vegetables:**
 - Applesauce or canned fruit without seeds or skin
 - Cooked fruits or over ripe, soft peeled fruits, such as bananas or peaches
 - Soft, well-cooked vegetables without seeds or skin
- **Meat and other protein sources:**
 - Poached, scrambled, or cooked eggs
 - Moist, tender meat, fish, or poultry that is ground or chopped into small pieces
 - Soups with small soft pieces of vegetables and meat
 - Tofu
 - Ground beef and chicken.
 - Well-cooked, slightly mashed, moist legumes, such as baked beans
- **Dairy:**
 - Cheese (in sauces or melted in other dishes), cottage cheese, or ricotta cheese
 - Milk or milk drinks, milkshakes
 - Ice cream, sherbet, or frozen yogurt without fruit or nuts
 - Yogurt (plain or with soft fruits)

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- **Desserts:**

- Gelatin dessert with soft canned fruit
- Pudding or custard
- Fruit cobbler with soft breading or crumb mixture (no seeds or nuts), or fruit pie with soft bottom crust only
- Soft, moist cake or cookie that has been moistened in milk, coffee, or other liquid

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Which Foods Should I Avoid?

Avoid any foods that are hard for you to chew or swallow, such as the following:

- **Starches:**

- Dry bread, toast, crackers, and cereal
- Cereal, cake, and breads with coconut, dried fruit, nuts, and other seeds
- Corn, potato, and tortilla chips
- Breads with tough crusts, such as bagels, French bread, and sourdough bread
- Popcorn
- Taco shells

- **Vegetables:**

- Corn and peas
- Raw, hard vegetables that cannot be mashed easily, such as carrots, broccoli, cauliflower, and celery
- Crisp fried vegetables, such as potatoes

- **Fruits:**

- Raw, crisp fruits, such as apples and pears
- Dried fruit
- Stringy fruits, such as pineapple and mango
- Cooked fruit with skin and seeds

- **Dairy, meats, and protein foods:**

- Yogurt or ice cream with coconut, nuts, and granola
- Dry meats (beef jerky) and tough meats (such as bacon, sausage, hot dogs, and bratwurst)
- Casseroles with large chunks of meat (cut it up!)
- Peanut butter (crunchy)