

Soft Diet Instructions

SUGGESTED FOODS:

Milk and Milk Products:

Milk, Yogurt, Cream Cheese, Cottage Cheese, American Cheese

Fruits and Vegetables:

Steamed, Cooked Vegetables

V-8 or tomato juice, all Fruit Juices

Canned Fruits, Fruit Smoothies

Bananas, Grapes, Ripe Peaches, Pears

Breads, Cereal, and Starches:

Dry Cereals with Milk, Oatmeal

Muffins, Soft Breads (no hard crusts)

Cooked Rice or Pasta

Entrees:

Tender Chicken or Turkey, Cut Chicken Nuggets

Ground Beef, Fish, Eggs, Chili, Soups

Pasta with Sauce, Macaroni and Cheese

Peanut Butter and Jelly on Soft Bread

Egg Salad, Tuna Salad, Chicken Salad

Lasagna

Desserts:

Cakes, Ice Cream, Sherbet, Puddings

FOODS TO AVOID:

Hard Fruits (Apples), Raw Vegetables and Salads

Steaks, Chops, Hard to Chew Meats

Breads with Hard Crusts (Bagels)

Popcorn

Caramels, Chewy Candy

