

SOFT DIET SUGGESTIONS

DAILY VITAMINS!

Anything put through a food blender

Cream of wheat, oatmeal, malt o meal

Mashed potatoes or baked potatoes - ok with butter/sour cream

Mashed banana, mashed avocado, applesauce or any mashed/blended fruit except berries with seeds

Broth or creamed soup

Mashed yams, baked sweet potato or butternut squash

Cottage cheese cream or soft cheese

Creamy peanut butter without solid pieces

Eggs any style, with or without melted cheese

Omelets can have cheese and avocado

Jell-o, pudding, ice cream, yogurt

Milkshakes, smoothies - ok to blend with fruit except no berries w/ seeds

AVOID THESE FOODS FOR AT LEAST 14 DAYS

Gum, candy, cookies, chips, nuts, anything hard or crunchy.

Anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables, salad and popcorn.