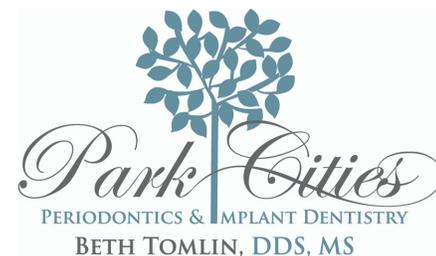


HOW TO FOLLOW A SOFT DIET



FOODS TO INCLUDE:

Cut-up or mash foods and use broth/gravy/sauces to soften foods

- Ground Meats (turkey, beef, chicken)
- Shredded or canned meat
- Salmon and other flaky fish
- Yogurt and Cottage Cheese
- Mashed potatoes/sweet potatoes (mashed cauliflower)
- Canned or pureed fruits/vegetables
- Soft Fruits (bananas, pears, avocados soft melons) -- remove skin from fruit
- Soft Vegetables (tomatoes, zucchini, butternut squash)
- Pancakes
- Pasta/Rice/Oatmeal
- Eggs (finely chopped hardboiled, scrambled)
- Soups

FOODS TO AVOID:

Avoid tough, crunchy, hard, sticky foods

- Toast
- Nuts, Seeds and Nut Butters
- Chips, crackers, popcorn
- Hard raw vegetables and fruits
- Dried fruits
- Hard sticky candy
- Any food that requires a lot of chewing before swallowing

Sample Menu 3+ weeks Post Surgery

Day 1

Breakfast - 2 eggs scrambled with cheese + spinach, a mashed banana and an 8 oz glass of milk

Lunch - Soup, pureed/finely cut pears + protein drink

Dinner - Turkey Chili + mashed potatoes + squash

Day 2

Breakfast - Smoothie

Lunch - Canned Tuna, hard boiled egg + canned peaches (all mashed/chopped)

Dinner - Ground meat w/shredded cheese + steamed carrots

Day 3

Breakfast - Yogurt mixed with fruit puree + Oatmeal or cream of wheat mixed with nut butter

Lunch - Protein meal replacement drink + pureed/finely cut fruit

Dinner - Salmon + Brown Rice + Steamed cauliflower (pureed)

Snacks

Eat snacks if you are feeling hungry! Make sure to include a source of protein with your snack.

Remember! Following a nutritious soft diet will help with the initial stages of healing. After the first 3 weeks, you can start adding very soft solid foods to your diet. It is important to keep food away from the surgery areas as best you can and eat slowly!