

Soft Foods Diet:

What to eat, what to avoid

YES!

All beverages

Most dairy products

Egg salad, scrambled, soft boiled

Boneless fish, pork, chicken, chili, chicken salad, tuna salad

Hot and cold cereal, noodles, rice, pancakes, waffles, dumplings, mashed potatoes

Cooked, canned, juice

Cooked, canned eggplant, mushrooms, spinach, squash, pumpkin; vegetable juice

Pudding, cake, ice cream, pie, jello, milkshakes

Broth-based soups, tomato sauces, peanut butter, oil, butter

Beverages



Dairy



Eggs



Meat, poultry, fish



Breads, cereals, rice, pasta



Fruits



Vegetables



Desserts/ Snacks



Misc

NO!

No restrictions

Sharp cheese, spiced cheese, creamy soup

Spicy entrees with eggs

Fried meat or fish, tacos, sardines, corned beef, deli meat, duck

Whole grain cereals, hard crackers, french fries, whole potatoes, potato salad

Berries, dried fruit, raw/fresh fruit except bananas and avocado

All raw vegetables

Desserts made with berries, potato chips, popcorn, pretzels

Vinegar, pickles, olives, nuts and seeds