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Soft Food Diet Ideas
Teeth in a Day

Breakfast Ideas:

Milk
Fruit Juices
Cream of Wheat
Grits
Scrambled Eggs
Oatmeal
Ensure/Boost Drinks
Carnation Instant Breakfast Drink
Pancakes

Meats and Fish:

Deviled Ham
Loose Hamburger – not a sandwich
Canned Salmon
Tuna
Chicken (small bite size)
Egg Salad
Tuna Salad
Ham Salad
Any Flaky Fish

Snack Ideas:

Applesauce
Canned Fruits
Cheesecake
Cream Pies
Custards
Ice Cream
Malts, Milk Shake
Jell-O
Mousse
Puddings
Yogurt

Cheese:

Soft Cream Cheese
Pimento Cheese
Cottage Cheese
American Cheese
Any Soft Cheese Spread (no nuts)

Pasta:

Any Type, with or without sauce
Egg Noodle
Fettuccine
Macaroni, with or without cheese
Spaghetti and sauce

Fresh Fruits:

Bananas
Mangos
Melons (very ripe)
Blueberries

Soups:

Any kind without large pieces
of hard vegetables or meats

Other Meal Ideas:

Rice (**Patients that have had extractions should avoid rice for the first 3 weeks**)
Vegetables: (very well cooked, baked, scalloped, pureed, casseroles, soufflé)
Avocado
Broccoli (soft heads only)
Potato (white or sweet)
Peas/Beans
Squash

Supplements:

If you feel that you are not getting enough protein you may supplement your diet with the daily use of Boost or Ensure.

Foods Excluded:

Sandwiches (no tearing/biting with front teeth)

Fried fish

Fried meats, bacon

Chunky peanut butter

Cheese that contains nuts, seeds, or dried fruits

Fruits with seeds or pits (not to be bitten into, cut up and sliced is fine)

Dried fruits

Carrot sticks and other hard, raw vegetables

Fried potatoes

Products that contain seeds, nuts, pieces of dried fruit, coconut or hard crusts

Whole spices (peppercorns, cloves, caraway seeds, fennel seeds, rye seeds, etc.)

Crackers, hard rolls, baguettes

Hard cookies

Popcorn, potato chips, corn chips, pretzels, or any other crunchy snacks

Nuts, olives

Rice (**Patients that have had extractions should avoid rice for the first 3 weeks**)

No chewing on ice

No sucking on hard candies, candy bars, taffy

No chewing gum