



## SOFT FOOD DIET SUGGESTIONS

### **GRAINS AND STARCHES:**

- Breads, cereals, rice, and pasta
- Breads, muffins, pancakes, or waffles moistened with syrup, jelly, margarine or butter
- Moist dry or cooked cereal
- Macaroni, pasta, noodles, or rice
- Saltine crackers moistened in soup or other liquid

### **FRUITS AND VEGETABLES:**

- Applesauce or canned fruit without seeds or skin
- Cooked fruits or ripe, soft peeled fruits, such as bananas, peaches, or melon
- Soft, well-cooked vegetables without seeds or skin

### **PROTEIN SOURCES:**

- Poached, scrambled, or cooked eggs
- Moist, tender meat, fish, or poultry that is ground or chopped into small pieces
- Soups with small soft pieces of vegetables and meat
- Tofu or well-cooked, slightly mashed, moist legumes, such as baked beans

### **DAIRY:**

- Cheese (in sauces or melted in other dishes), cottage cheese, or ricotta cheese
- Milk or milk drinks, milkshakes
- Ice cream, sherbet, or frozen yogurt without fruit or nuts
- Yogurt (plain or with soft fruits)

### **DESSERTS:**

- Gelatin dessert with soft canned fruit, pudding, or custard
- Fruit cobbler with soft breading or crumb mixture (no seeds or nuts), or fruit pie with soft bottom crust only
- Soft, moist cake or cookie that has been moistened in milk, coffee, or other liquid

### **QUESTIONS:**

Any questions please contact our office at (410)290-6677