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GUIDELINES TO FOLLOW FOR A SOFT DIET

Recommended foods for soft diet:

Any foods easy to chew and swallow, such as the following:

- **Breads, cereals, rice, pasta, other:** Breads, muffins, pancakes, or waffles moistened with syrup, jelly, margarine or butter
- Moist dry or cooked cereal
- Macaroni, pasta, noodles, or rice
- Soup, 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; mashed potatoes
- Smoothies/green drinks

- **Meat and other 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
- Well-cooked, slightly mashed, moist legumes, such as baked beans

- **Dairy:** Cheese (in sources or other melted meats), cottage cheese, or ricotta cheese
- Milk or mild 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, milkshakes
- 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

Foods to avoid for soft diet:

Avoid any foods that are hard for you to chew or swallow, such as the following:

- **Starches:** Crackers and cereal with nuts and or raisins
- Cake, and bread with coconut, dried fruit, nuts, and other seeds
- Breads with tough crust, such as bagels, and French bread
- Popcorn
- Taco shells

- **Fruits and vegetables:** Raw, crisp fruits, such as apples and pears
- Dried fruit
- Stringy fruits, such as pineapple and mango
- Cooked fruit with skin and seeds (if skin and seeds are removed you may eat cooked fruits)
- Raw, hard vegetables that cannot be mashed easily, such as carrots, broccoli, cauliflower, and celery (you can eat these vegetables if they are steamed)
- NO SALADS

- **Dairy, meats, and protein foods:** Yogurt or ice cream with nuts and granola
- Dry meats (beef jerky) and tough meats (such as bacon, sausage, hot dogs, bratwurst, steak)
- Casseroles with large chunks of meat
- Peanut butter (creamy and crunchy)

*Keep a pain journal and record the pain you encounter daily. In your journal rate on a scale of 1 to 10, (1 being little to no pain and 10 being maximum pain) document the amount of joint pain you are in daily. It is important to record your results daily and to bring the journal to your next appointment.