

## Soft Diet

### What is a Soft Diet?

- A soft diet is made up of foods that are soft and easy to chew and swallow
- These foods may be chopped, ground, soft-cooked, mashed, or pureed
- Below are examples of soft foods from different categories:

Food Group	Foods to Choose	Foods to Avoid
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Any canned fruit</li> <li>• Cooked fruits without the skin/peel (ex: peeled apples cooked with cinnamon)</li> <li>• Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Raw fruits with skin or peels (oranges, apples, grapes, etc.)</li> <li>• Fruit with seeds such as raspberries or blackberries</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Vegetables that are cooked or steamed until they are soft</li> <li>• Any canned vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables</li> <li>• Corn</li> </ul>
<b>Meats/Protein</b>	<ul style="list-style-type: none"> <li>• Ground/shredded meats with sauce or gravy</li> <li>• Soft fish</li> <li>• Cooked beans</li> <li>• Smooth peanut butter</li> <li>• Tofu</li> <li>• Scrambled eggs</li> <li>• Cottage cheese, yogurt</li> <li>• Protein powders mixed with liquids</li> </ul>	<ul style="list-style-type: none"> <li>• Tough meats such as cooked steak or chicken</li> <li>• Hard cheeses</li> <li>• Soups with chunks of meat or vegetables</li> <li>• Nuts, seeds</li> <li>• Crunchy peanut butter</li> </ul>
<b>Starches</b>	<ul style="list-style-type: none"> <li>• Soft cooked white pasta or rice</li> <li>• Mashed potatoes</li> <li>• Puff corn</li> <li>• Soft breads</li> </ul>	<ul style="list-style-type: none"> <li>• Crackers and chips</li> <li>• Pretzels and popcorn</li> <li>• Whole wheat pastas</li> <li>• Brown rice, whole grains</li> <li>• Crusty breads</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>• Ice cream, milkshakes, or smoothies</li> <li>• Pudding</li> <li>• Sorbet</li> </ul>	<ul style="list-style-type: none"> <li>• Any desserts with fruit (ex: strawberry or raspberry seeds)</li> </ul>

### Other tips:

- If your appetite is not good, try nutritional supplements such as Boost, Ensure, Carnation® Breakfast Essentials™, or homemade smoothies
- Stay hydrated by drinking plenty of water/fluids

### Questions?

This information is not specific to your child but provides general information. If you have any questions, please call your clinic.