

Soft Diet: Suggested Foods and Foods to Avoid

Food group	Suggested Foods for Soft diet	Avoid
Dairy	Milk – all kinds Yogurt, custard, ice cream Soft or melted cheese Cottage cheese or cream cheese	Ice Cream or yogurt with chunks of fruit or nuts
Meat / Protein	Soft Eggs Tofu Casseroles Moist fish Strained baby meats Bite size or ground meat (suggest with gravy or sauce)	Dry poultry Peanut butter All tough red and white meats
Fruits	All juices All canned fruits Fresh fruit peeled – bananas Stewed dried fruits Strained baby fruits	Fresh fruits with skins (plums, peaches, oranges, apricots) Dried fruits
Vegetables	Well cooked soft or pureed “fork tender” Strained baby vegetables	Raw vegetables
Starches	Cooked cereal Mashed potatoes, sweet potatoes, yams Baked potatoes without skin Soft, moist rice Noodles, macaroni, spaghetti Dry cereals softened in milk Pancakes softened with syrup/butter Waffles softened with syrup/butter Crackers of breads added to soups	Hard bread with thick crust Dry cereal without milk Potato chips Popcorn Crackers
Fats	Butter, margarine, mayonnaise Salad dressings Gravy Cream: sour, whipping, coffee	Bacon Nuts Deep fried, crispy foods
Desserts	Sherbet, ice cream, Italian ice, frozen yogurt, Gelatin, puddings, mousse custard, cakes	Cookies Pies Dry desserts Desserts containing nuts or skins