Soft Diet

The soft diet may be recommended after you were put on a full liquid diet. A normal diet may follow. The soft diet can also be used after surgery if you are too ill to keep down a normal diet. The soft diet may also be needed if you have a hard time chewing foods.

DESCRIPTION

Tender foods are used. Foods do not need to be ground or pureed. Most raw fruits and vegetables and coarse breads and cereals are to be avoided. Fried foods and highly seasoned foods may cause discomfort.

NUTRITIONAL ADEQUACY

A healthy diet is possible if foods from each of the basic food groups are eaten daily.

SOFT DIET FOOD LISTS

Milk/Dairy Allowed

- Milk and milk drinks, milk shakes, cream cheese, cottage cheese, mild cheeses.

Milk/Dairy to Avoid

- Sharp or highly seasoned cheese.

Meat/Meat Substitutes Allowed

- Broiled, roasted, baked, or stewed tender lean beef, mutton, lamb, veal, chicken, turkey, liver, ham, crisp bacon, white fish, tuna, salmon. Eggs, smooth peanut butter.

Meat/Meat Substitutes to Avoid

- All fried meats, fish, or fowl. Rich gravies and sauces. Lunch meats, sausages, hot dogs. Meats with gristle, chunky peanut butter.

Breads/Grains Allowed

- Rice, noodles, spaghetti, macaroni. Dry or cooked refined cereals, such as farina, cream of wheat, oatmeal, grits, whole-wheat cereals. Plain or toasted white or wheat blend or whole-grain breads, soda crackers or saltines, flour tortillas.

Breads/Grains to Avoid

- Wild rice, coarse cereals, such as bran. Seed in or on breads and crackers. Bread or bread products with nuts or seeds.

Fruits/Vegetables Allowed

- Fruit and vegetable juices, well-cooked or canned fruits and vegetables, any dried fruit. One citrus fruit daily, 1 vitamin A source daily. Well-ripened, easy to chew fruits, sweet potatoes. Baked, boiled, mashed, creamed, scalloped, or au gratin potatoes. Broths or creamed soups made with allowed vegetables, strained tomatoes.

Fruits/Vegetables to Avoid

- All gas-forming vegetables (corn, radishes, Brussels sprouts, onions, broccoli, cabbage, parsnips, turnips, chili peppers, pinto beans, split peas, dried beans). Fruits containing seeds and skin. Potato chips and corn chips. All others that are not made with allowed vegetables. Highly seasoned soups.

Desserts/Sweets Allowed

- Simple desserts, such as custard, junkets, gelatin desserts, plain ice cream and sherbets, simple cakes and cookies, allowed fruits, sugar, syrup, jelly, honey, plain hard candy, and molasses.

Desserts/Sweets to Avoid

- Rich pastries, any dessert containing dates, nuts, raisins, or coconut. Fried pastries, such as doughnuts. Chocolate.

Beverages Allowed

- Fruit and vegetable juices. Caffeine-free carbonated drinks, coffee, and tea.

Beverages to Avoid

- Caffeinated beverages: coffee, tea, soda or pop.

Miscellaneous Allowed

- Butter, cream, margarine, mayonnaise, oil. Cream sauces, salt, and mild spices.

Miscellaneous to Avoid

- Highly spiced salad dressings. Highly seasoned foods, hot sauce, mustard, horseradish, and pepper.

SAMPLE MENU

Breakfast	**Suggested Foods**
Fruit	Orange juice
Bread/Grain	Oatmeal
Meat/Meat Substitute	Soft cooked egg
Bread/Grain	Toast and margarine*
Milk/Dairy	2% milk*
Beverage	Coffee

Lunch	**Suggested Foods**
Meat/Meat Substitute	Meat loaf
Vegetable	Mashed potato
Vegetable	Green beans
Dessert	Lemon pudding
Bread/Grain	Bread and margarine*
Beverage	Coffee

Supper	**Suggested Foods**
Soup or Fruit	Consommé or apricot nectar
Meat/Meat Substitute	Chicken breast
Vegetable	Rice, peas, and carrots
Dessert	Applesauce
Bread/Grain	Bread and margarine*
Milk/Dairy	2% milk*

*To cut the amount of fat in your diet, omit margarine and use 1% or skim milk.

NUTRIENT ANALYSIS

- Calories.....1953 Kcal.
- Protein.....102 gm.
- Carbohydrate.....247 gm.
- Fat.....65 gm.
- Cholesterol.....449 mg.
- Dietary fiber.....19 gm.
- Vitamin A.....2944 RE.
- Vitamin C.....79 mg.
- Niacin.....25 mg.
- Riboflavin.....2.0 mg.
- Thiamin.....1.5 mg.
- Folate.....249 mcg.
- Calcium.....1030 mg.
- Phosphorus.....1782 mg.
- Zinc.....12 mg.
- Iron.....13 mg.
- Sodium.....299 mg.
- Potassium.....3046 mg.

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