

Soft Diet Foods		
Food Category	Foods to Choose	Foods to Avoid
Meat, Fish, Poultry, and Dairy Products	<ul style="list-style-type: none"> • Meats may be ground, minced or chopped to ease swallowing and digestion • Tender, well cooked and moist cuts of beef, chicken, turkey and pork • Veal and lamb • Flaky, cooked fish • Canned tuna • Cottage and ricotta cheeses • Mild cheese, such as American , brick, mozzarella and baby Swiss • Creamy peanut butter • Plain custard or blended fruit yogurt • Moist casseroles, such as macaroni & cheese, tuna noodle • Grilled or toasted cheese sandwich 	<ul style="list-style-type: none"> • Tough meats with a lot ofgristle • Fried,highly seasoned,smoked and fatty meat, fish or poultry, such as frankfurters, luncheon meats, sausage, bacon, spare ribs, beef brisket, sardines, anchovies , duck and goose • Chili and other entrees made with pepper or chili pepper • Shellfish • Strongly flavored cheeses, such as sharp cheese,extra sharp cheddar, cheese containing peppers or other seasonings • Crunchy peanut butter • Any yogurt with nuts , seeds, coconut, strawberries or raspberries
Potatoes and Starches	<ul style="list-style-type: none"> • Peeled, mashed or boiled white or sweet potatoes • Oven-baked potatoes without skin • Well cooked white rice,enriched noodles, barley, spaghetti, macaroni and other pastas 	<ul style="list-style-type: none"> • Fried potatoes, potato skins and potato chips • Hard and soft taco shells • Fried,brown or wild rice
Soups	<ul style="list-style-type: none"> • Mildly flavored meat stocks • Cream soups made from allowed foods 	<ul style="list-style-type: none"> • Highly seasoned soups and tomato based soups, cream soups made with gas producing vegetables,such as broccoli, cauliflower, onion, etc.
Vegetables	<ul style="list-style-type: none"> • Well cooked soft vegetable without seeds or skins, such as asparagus tips, beets, carrots, green and wax beans, chopped spinach, tender canned baby peas, squash and pumpkin 	<ul style="list-style-type: none"> • Raw vegetables, tomatoes, tomato juice, tomato sauce and V-8 juice • Gas producing vegetables, such as broccoli, Brussel sprouts, cabbage, cauliflower, onions, corn, cucumber, green peppers, rutabagas, turnips, radishes and sauerkraut • Dried beans, peas, and lentils
Beverages	<ul style="list-style-type: none"> • Milk, such as, whole, 2%, 1%, non-fat, or skim, soy, rice, almond • Caffeinated and decaf tea and coffee • Powdered drink mixes (in moderation) • Non-citrus juices (apple, grape, cranberry, or blends of these) • Fruit nectars • Nutritional drinks including Boost, Ensure, Carnation Instant Breakfast 	<ul style="list-style-type: none"> • Chocolate Milk, cocoa, or other chocolate-flavored drinks • Carbonate drinks • Alcohol • Citrus juices like orange, grapefruit, lemon and lime
Sweets and Snacks Use in moderation and do not eat large amounts of sweets by themselves .	<ul style="list-style-type: none"> • Syrup, honey,jelly and seedless jam • Plain hard candies and plain candies made with allowed ingredients • Molasses • Marshmallows • Other candy made from allowed ingredients • Thin pretzels 	<ul style="list-style-type: none"> • Jam, marmalade and preserves • Chocolate in any form • Any candy containing nuts,coconut, seeds, peppermint, spearmint or dried or fresh fruit • Popcorn, potato chips, tortilla chips • Soft or hard thick pretzels, such as sourdough
Breads	<ul style="list-style-type: none"> • Pancakes, French toastand waffles • Crackers (saltine, butter, soda, graham, Goldfish® and Cheese Nips®) • Toasted bread 	<ul style="list-style-type: none"> • untoasted bread, bagels, Kaiser and hard rolls, English muffins • Crackerswithnuts,seeds, freshor dried fruit, coconut, or highly seasoned, such as garlic or onion flavored • Sweet rolls, coffee cake or doughnuts
Cereals	<ul style="list-style-type: none"> • Well cooked cereals, such as oatmeal (plain or flavored) • Cold cereal (Cornflakes®, Rice Krispies®, Cheerio®, Special K® plain, Rice Chex® and puffed rice) 	<ul style="list-style-type: none"> • Very coarse cereal, such as bran, shredded wheat • Any cereal with fresh or dried fruit, coconut, seeds or nuts
Desserts Eat in moderation and do not eat desserts or sweets by themselves.	<ul style="list-style-type: none"> • Plain cakes, cookies and cream filled pies • Vanilla and butterscotch pudding or custard • Icecream, ice milk, frozen yogurt and sherbet • Gelatin made from allowed foods • Fruit ices and popsicles 	<ul style="list-style-type: none"> • Desserts containing chocolate, coconut, nuts, seeds, fresh or dried fruit, peppermint or spearmint

Eggs	<ul style="list-style-type: none"> · Poached, hard boiled or scrambled 	<ul style="list-style-type: none"> • Fried eggs and highly seasoned eggs (deviled eggs)
Fats Eat in moderation.	<ul style="list-style-type: none"> · Butter and margarine · Mayonnaise and vegetable oils · Mildly seasoned cream sauces and gravies · Plain cream cheese · Sour cream 	<ul style="list-style-type: none"> • Highly seasoned salad dressings, cream sauces and gravies • Bacon, bacon fat, ham fat, lard and salt pork • Fried foods • Nuts
Fruits	<ul style="list-style-type: none"> • Fruit juice • Any canned or cooked fruit except those listed in the AVOID column 	<ul style="list-style-type: none"> • ALL fresh fruits, such as citrus, bananas and pineapple • Canned pineapple • Dried fruits, such as raisins, berries • Fruits with seeds, such as berries, kiwi and figs
Miscellaneous	<ul style="list-style-type: none"> • Salt and spices in moderation • Mustard and vinegar in moderation 	<ul style="list-style-type: none"> • Fried or highly seasoned foods • Coconut and seeds • Pickles and olives • Chili sauces, ketchup, barbecue sauce, horseradish, black pepper, chili powder and onion and garlic seasonings • Any other strongly flavored seasoning, condiment, spice or herb not tolerated • Any food not tolerated