

Soft Diet Suggestions

DO EAT	DO NOT EAT
Mashed Potatoes	Pizza
Ground Meats (ground turkey, chicken, beef)	Bread
Pasta	English Muffins
Jell-O	Bagels
Pudding	Sandwiches
Oatmeal	Steak
Eggs (any style)	Meat/Poultry with Bones
Soup	Caramel
Flaky Fish (halibut, tilapia, salmon)	Popcorn
Pancakes	Nuts
Smoothies	Jerky
Protein drinks	Chewing Gum
Yogurt	Chips
	Salad
	Raw Vegetables

As a general guideline, anything that can be crushed through the tines of a fork with minimal pressure is ok to eat.