

Soft Foods Diet

	Recommended	Avoid
Beverages	All	
Dairy	All, except those to avoid; creamed soups	Sharp cheese or those with seeds or spices
Eggs	Soft boiled or scrambled eggs; egg salad	Hard cooked or crisp fried eggs
Meat, Poultry and Fish	Chicken or tuna salad; fish without bones; ground or tender meat, meatballs; casseroles; chili with tender cooked beans	Dry, tough meats, such as bacon, sausage, corned beef, cold cuts; fried meat, tacos.
Breads, Cereals and Pasta	Cooked cereals, oatmeal; noodles, macaroni and cheese; pancakes and waffles; muffins; dumplings; mashed potato; white bread	Pizza; dry toast; French fries; whole potato, potato salad; whole grain or bran cereal; hard crackers; hard crust bread
Fruit	Cooked or canned fruit; avocado; banana; all fruit juices	Dried fruit; canned pineapple; all raw fruit except those allowed
Vegetables	All soft and well-cooked vegetables; vegetable soup	Raw vegetables; broccoli, cabbage, brussels sprouts, asparagus
Desserts and Snacks	Pudding, custard; cake; cookies; ice cream, frozen yogurt, sherbet; nutrition supplements; milkshakes; gelatin with canned fruit (w/o pineapple); soft pies	Dry cakes; anything with nuts, seeds, coconut, pineapple, fruit
Miscellaneous	Jams without seeds; plain chocolate bar; gravy; mayonnaise; sour cream; French dressing; tomato sauce; butter; oil; cream	Peanut butter; olives; seeds; nuts; chewy candy; all other salad dressings