



SOFT DIET

FOOD GROUP	FOOD ALLOWED	FOODS OF CONCERN
1. Beverages	Coffee, tea, decaffeinated coffee, Milk and milk drinks, juice and carbonated beverages such as coke, ginger ale and seven up.	None.
2. Breads	Enriched white or refined wheat Bread, pancakes and plain muffins	Bread with seeds, nuts, coconut. Course whole grain bread toasted or crusted bread, pretzels bagels and chips
3. Cereals	Oatmeal, cream of wheat Rice, macaroni, well cooked Pasta.	Whole grain, bran, or natural cereals, wild rice
4. Desserts	Cakes, custard, pudding, ice cream, sherbet, Greek yogurt and gelatin.	Any other desert with nuts, coconut, raisins, dates raisins, or seeds.
5. Fats	Butter, margarine, cream, oil, gravy, mayonnaise, or salad dressing smashed avocado	Fried foods, olives, highly seasoned salad dressings.
6. Fruits	Cooked and canned fruits, Bananas that are mashed fruit drinks.	Raw fruits, except bananas, canned fruit with tough skins (i.e. plums)
7. Meat & Meat Substitutes	mashed meat, tofu, salmon, tuna. Eggs, scrambled fried, soft boiled Soft cheese, cottage cheese, cream Cheese. Creamy peanut butter. Soft Beans.	Fried meats, cold cuts sausage, herring, sardines strong flavored cheese. Chunky peanut butter.
8. Soups	Bone broth-based soups or cream soups made with allowed foods.	High seasoned soups.
9. Vegetables	Cooked and mashed carrots, beets, peas, squash, green or yellow beans, spinach, mushrooms, potatoes, asparagus, yams, and pumpkin.	Raw vegetables
10. Miscellaneous	Sugar, salt, jelly, jam, honey, vinegar, molasses, syrup, cinnamon, vanilla, and other extracts. Ketchup, mustard, horseradish, and sauces. Herbs and spices.	Pickles, nuts, coconut, popcorn, or seeds.