



**SOFT FOOD DIET SUGGESTIONS**

**BREAKFAST SUGGESTIONS:**

MILK  
FRUIT JUICES  
CREAM OF WHEAT  
GRITS  
SCRAMBLED EGGS  
ENSURE/BOOST DRINKS  
CARNATION INSTANT BREAKFAST  
OATMEAL

**SNACK SUGGESTIONS:**

YOGURT  
APPLESAUCE  
CANNED FRUITS  
CHEESECAKE  
CREAM PIES  
CUSTARDS  
ICE CREAM  
MALTS, MILKSHAKE  
JELLO  
MOUSSE  
PUDDINGS  
SMOOTHIE  
COOKED VEGETABLES

**FRESH FRUITS:**

BANANAS  
MELONS  
PAPAYAS  
MANGOS

**CHEESE:**

PIMENTO CHEESE  
COTTAGE CHEESE  
CHEESE SPREAD/PROCESSED CHEESE  
AMERICAN CHEESE

**SOUPS:**

ANY KIND WITHOUT RICE

**MEATS AND FISH:**

HAMBURGER  
CANNED SALMON  
TUNA  
CHICKEN  
EGG SALAD  
HAM SALAD  
TUNA SALAD  
CHICKEN SALAD  
ANY FLAKY FISH

**PASTA:**

ANY TYPE WITH OR WITHOUT SAUCE  
ANY TYPE WITH OR WITHOUT CHEESE