

Soft Foods

Applesauce
Beans
Canned Fruit (avoid those with added sugar)
Cheese (soft, thin sliced or melted)
Chicken - ground or cut up
Cooked Vegetables (steam until very soft – broccoli, cauliflower, carrots, zucchini, squash are great choices)
Cottage Cheese
Eggs
Fish
Frozen Yogurt
Guacamole
Ice Cream
Lettuce
Lunch Meat – thinly sliced
Milk
Milkshake
Muffins
Oatmeal
Pancakes
Pasta
Pudding
Rice
Soft Bread
Soft Cereal
Soft Fruits (Bananas, Melons, Very Ripe Pears, Peaches – remove the skin and cut up fruits with a pit or core rather than trying to bite off chunks)
Soup
Tofu
Turkey - ground or cut up
Yogurt

Example Foods to Avoid – Anything Hard, Crunchy, or Sticky

Bacon
Bagels, Toast, or Hard Crusted Bread
Beef Jerky
Candy
Caramels
Carbonated Drinks
Chips that are hard
Corn on the Cob
Crackers
Crunchy Raw Vegetables
Dried Fruit
Frozen Food
Fruit Bars
Fruit that is crunchy or stringy
Gum
Hot Dogs
Ice
Meat on the Bone
Nuts
Popcorn
Sausage
Seeds
Soft Drinks
Steak