

Soft Food Diet Ideas

The days after dental surgery can seem rough due to the food restrictions you have. However, there are plenty of things you can eat during this time that will still be satisfying and enjoyable!

TRY THESE...



Bass & Hall

Dental Implant and Periodontal Partners, LLP



Breakfast Ideas

Milk
Fruit Juices
Cream of Wheat
Grits
Ensure/Boost Drinks
Carnation/ Instant
Breakfast Drink
Oatmeal
Scrambled Eggs/Omelet
Pancakes



Meal Ideas

Any vegetables (except corn)
well cooked, baked,
scaloped, pureed,
souffléd, casseroles



Meats and Fish

Tuna
Chicken
Salads (ham, egg,
tuna, chicken)
Any Flaky Fish
Beans



Snack Ideas

Applesauce
Canned Fruits
Jell-O
Soft Fruit
Yogurt
Pudding
Ice Cream



Cheese

Soft Cream Cheese
Pimento Cheese
Cottage Cheese
Cheese Spread



Pasta

Any Type



Soups

Any Type
Lukewarm for 24 hours