

### Food Suggestions for Home Soft Diet

FOOD GROUP	FOOD CHOICES
Bread, Cereal, Pasta, and Rice 1-2 Serving/d 1=1/2 cup	Hot cereal (with skim milk)- unsweetened oatmeal, cream of wheat, and grits
Fruit 1-2 Serving/d 1=1/2 cup	Unsweetened apple sauce, pureed canned/jarred peaches and pears in their own juice (not syrup), any fruit pureed without the skin, mashed ripe bananas.
Vegetable 1-2 Serving/d 1=1/2 cup	Any vegetable (except corn) cooked soft and blended or mashed with the back of a fork. Make sure broccoli and cauliflower are cooked very well.
Meat, Poultry, Fish, Nuts, Beans and Eggs 2-3 Serving/d 1=1/2	Chopped up soft poached eggs or scrambled eggs. Egg salad with low fat mayo. Blenderized meat and poultry and flaked fish (fillet) cooked very soft and moist (mix with lemon, light dressing, a pinch of oil). Blenderized tuna salad without vegetables. Very soft/moist meatloaf (after one week), gefilte fish, and silken tofu.
Milk, Cheese, and Yogurt 3-4 Serving/d 1=1/2 cup	Skim milk or Skim Plus. Low fat or non-fat cottage cheese or ricotta cheese, sugar free custards and puddings, non-fat unsweetened/low sugar yogurt (Dannon Light and Fit <sup>®</sup> , Columbo Light <sup>®</sup> ), sugar free frozen yogurt, and sugar free fat free ice cream.
Fats and Oils	LIMIT ALL
Miscellaneous 2-3 Serving/d 1=1/2 cup	Canned soups, handmade soups (vegetable, meat, poultry contents should be overcooked or blended)- limit cream soups- Healthy Choice <sup>®</sup> , Progresso Lite <sup>®</sup> , and Healthy Request <sup>®</sup> , egg drop soup and miso soup. Sugar free Jell-O, sugar free popsicles (Dole <sup>®</sup> , Starburst <sup>®</sup> ), Pedialyte <sup>®</sup> popsicles, sugar free/fat free ice cream. Artificial sweeteners which are acceptable: NutraSweet/Equal <sup>®</sup> , Sweet n' Low <sup>®</sup> / Saccharine and Splenda <sup>®</sup> /sucralose.
Liquids (sip throughout the day but not during meals. Try to drink at least 6-8 8 ounce cups of fluid per day)	Flat diet soda, Skim milk or Skim Plus, Crystal Light <sup>®</sup> , decaf coffee and tea, all broths, any sugar free beverages (sugar free Kool Aid <sup>®</sup> and sugar free Tang <sup>®</sup> ), and water! Gatorade <sup>®*</sup>

\*Gatorade can be used in the hospital and should be discontinued when you return home. If you experience diarrhea or vomiting, Gatorade can be used during that time to help re-hydrate.

\*Can I use baby food? For people who do not want to do any preparing, canned and jarred baby foods are acceptable. Choose the ones low in sugar and higher in protein (meat and chicken).

\*Most foods can be eaten (low in sugar and fat) as long as they are put into a blender and the final consistency is puree.