



Guidelines for the Soft Diet

Food Group	Foods Allowed	Foods to Avoid
Beverages	All	None
Soups	Mildly seasoned broth, bouillon, cream soup, or strained vegetable soup	Chunky soups or chowders with raw vegetables. No corn soups
Meats	Any moist, tender meats, fish or poultry (lamb, veal, chicken, turkey, tender beef, liver, stewed pork, see exceptions), eggs, or creamy peanut butter	Fried chicken or fish with bones, shellfish, fried, salted or smoked meats, sausage, no cold cuts that has nuts, raw or dried eggs, dried beans, nuts and seeds
Dairy	All low-fat milk products, smooth yogurt, mild flavored cheese, cottage cheese	Yogurt with nuts or seeds, cheeses with whole seeds or spices
Fruits	Cooked or canned fruits, soft, fresh banana or avocado, fruit juice	Hard raw fruit, dried fruit (dates, raisins) or coconut
Vegetables	Soft-cooked or canned vegetables (see exceptions), fresh lettuce or, potatoes (mashed, baked, boiled or creamed)	Raw vegetables and vegetables with seeds such as (tomatoes, cucumber) fried vegetables, hard french fries, or hard cooked hash browns
Grains	Refined cooked or ready to eat cereal, refined white, wheat, or rye bread, plain white rice, or pasta	Whole grain breads and cereals (bran, rye with seeds or whole wheat), breads or rolls with coconut, raisins, nuts or seeds. No pretzels
Fats	Butter, margarine, mild salsa dressing, mayonnaise, gravy, cream, cream substitute, sour cream, vegetable oil	Spicy salad dressings, fried foods
Desserts & Sweets	Smooth ice cream, ice milk or frozen yogurt, sherbet, fruit ices, custards, puddings, cake or soft cookies made without nuts or coconut	Desserts or candy made with dried fruit, nuts, coconut, candied fruit, peanut brittle, and that sticky and tacky.

A good rule of thumb – Only eat foods that
“Don’t make noise when you chew!”