

## ***Guidelines for the Soft Diet***

Food Group	Foods Allowed	Foods to Avoid
Beverages	All	Alcohol for 24 hours
Soups	Mildly seasoned broth, bouillon or cream soup, strained vegetable soup	Bean, gumbo, split pea, onion soup, chunky soups, or chowders
Proteins	Any moist, tender meats, fish, poultry, eggs, creamy peanut butter	Fried chicken or fish with bones, shellfish, fried, salted or smoked meats, sausage, cold cuts, 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, sharp or strong cheeses, cheeses with whole seeds or spices
Vegetables	Soft-cooked or canned vegetables (see exceptions), fresh lettuce or tomato, potatoes (mashed, baked, boiled, or creamed)	Gas forming vegetables (broccoli, Brussel sprouts, cabbage, cauliflower, cucumber, green pepper, onion, turnips), fried vegetables, French fries, hash browns
Grains	Refined cooked or ready to eat cereal, refined white, wheat, or rye bread, soft rolls, plain white rice, pasta	Whole grain breads and cereals (bran, rye with seeds or whole wheat), breads or rolls with coconut, raisins, nuts or seeds
Fruits	Cooked or canned fruits, soft, fresh banana or avocado, fruit juice	All raw fruit (except banana or avocado), dried fruit (dates, raisins), coconut
Fats	Butter, margarine, mild salsa, dressing, mayonnaise, gravy, cream, cream substitute, sour cream, vegetable oil	Spicy salad dressing, fried foods
Sweets	Smooth ice cream, ice milk or frozen yogurt, sherbet, fruit ices, custards, puddings, cake or cookies made without nuts or coconut	Desserts or candy made with dried fruit, nuts, coconut, candied fruit, peanut brittle

**A good rule of thumb – only eat foods that you can cut with a fork and that don't make noise when you chew.**