

## Soft Diet Guidelines

**Foods That Are Allowed:** Below are examples of foods that are safe to eat

- Soups
- Fish
- Poultry
- Dairy (cheese, cottage cheese, yogurt, eggs)
- Soft Cooked Vegetables
- Potatoes
- Soft Bread
- Plain white rice
- Pasta
- Bananas
- Avocado
- Fruit
- Ice Cream
- Frozen yogurt

**Foods to Avoid:** Anything “*sticky, pokey, crunchy*” should be avoided after treatment

- Nuts
- Seeds
- Chips
- Berries
- Broccoli

*If the food can be easily cut with the side of a fork, it is soft enough to eat!*