

SOFT DIET:

- Breads and Cereals: 1 serving/day (1=1/4 cup)

Hot cereal (with skim milk) – unsweetened oatmeal, or cream of wheat

- Fruit: 1-2 serving/day (1= ¼ cup)

Unsweetened applesauce, pureed canned / jarred peaches and pears in their own juice (not syrup), any fruit without the skin, mashed ripe banana.

- Vegetable: 1-2 serving/day (1= ¼ cup)

Any vegetable (except corn) cooked soft and blended or mashed with the back of a fork. Make broccoli and cauliflower are cooked very well.

- Meat, Poultry, Fish, Nuts, Beans and Eggs: 2-3 serving/day (1=1/4 cup)

Chopped soft poached eggs or scrambled egg. 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, gefilte fish, and silken tofu.

- Milk, Cheese, and Yogurt: 3-4 serving/day (1=1/4 cup)

Skim milk. Low fat or non-fat cottage cheese or ricotta cheese, sugar free custards and puddings, non-fat unsweetened/ low sugar yogurt (e.g. Dannon light), sugar free frozen yogurt, and sugar free fat free ice cream