
Board Certified in Gastroenterology

Soft Food Diet

This type of diet is frequently prescribed following surgery or dental procedures. There are many reasons that a medical professional may prescribe soft foods for a period. Soft foods are extremely easy to chew and swallow.

Which Foods Can I Eat?

A large number of foods qualify as soft foods:

- Mush or porridge-type hot cereals like oatmeal, grits and Cream-of-Wheat
- Cereals that soften easily in milk like Rice Krispies and Corn Flakes
- Soft breads and muffins
- Pasta cooked to a soft consistency
- Potatoes and sweet potatoes without skin
- Soft fruits like ripe bananas and melon
- Pureed berries put through a strainer to remove skins and seeds
- Cooked fruits without seeds or skins like apples and pears
- Fruit juice / Vegetable Juice
- Avocados
- Skinless vegetables that cook to a soft consistency or can be mashed, like carrots, cauliflower
- Soft fish carefully de-boned
- Canned tuna or chicken
- Scrambled or soft-boiled eggs
- Tender meats and ground meats that have been well-cooked - braised meats or meats cooked in a crock-pot are especially good for this purpose
- Tofu
- Well-cooked legumes with soft skins like baked beans
- Pureed or blended soups
- Pureed or blended sauces
- Yogurt

- Cottage cheese or ricotta cheese
- Finely grated/melted cheese
- Ice cream
- Pudding or custard
- Protein powders

Which Foods Should I Avoid?

You should avoid any foods that require a moderate to a large amount of effort to chew and swallow when you are eating a diet of soft foods. Some of these foods include the following:

- Chewy breads, especially those with whole seeds or grains and raisins
- Bagels
- English muffins
- Crusty breads such as sourdough
- Chips and crisps
- Popcorn
- Corn and peas
- Legumes with noticeable tough skins - like black beans or kidney beans
- Hard cereals
- Rice
- Raw vegetables and cooked vegetables that can't be easily mashed
- Dried fruits
- Fruits with seeds
- Pineapple
- Raw apples
- Fruit skin
- Tough meats or stringy meats
- Meat products in a casing like hot dogs and bratwurst
- Meats that take some chewing, like chicken breasts and steak
- Sliced or cubed cheese

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