

Examples of Soft Food You Can Have

- Breads, cereals, rice, and pasta:
 - Breads, muffins, pancakes, or waffles moistened with syrup, jelly, margarine, or butter (please **no poppy seeds**)
 - Moist or cooked cereal
 - Maccaroni, pasta, noodles, and rice
 - Saltine crackers moistened in soup or other liquid
- Fruits and Vegetables:
 - Applesauce or canned fruit **without** seeds or skin
 - Cooked fruits or ripe, soft peeled fruits such as bananas, peaches, or melon
 - Soft, well-cooked vegetables without seeds or skin
- Meat and other protein:
 - Poached, scrambled, or cooked eggs
 - Moist, tender meat, fish, or poultry that is ground or cut into small pieces
 - Soups with small, soft pieces of vegetables and meat
 - Tofu or well-cooked, slightly mashed, moist legumes, such as baked beans
- Dairy:
 - Cheese (in sauces or melted in other dishes), cottage cheese, brie, or ricotta cheese
 - Milk or milk drinks, milkshakes (**no straw please**)
 - Ice cream, sherbert, or frozen yogurt without fruits or nuts
 - Yogurt (plain or with soft fruits such as peaches – **no berries**)
- Desserts:
 - Gelatin dessert with soft canned fruit, pudding, or custard
 - Fruit cobbler with soft breading or crumb mixture (**no seeds or nuts**), or fruit pie with a soft bottom crust only
 - Soft, moist cake or a cookie that has been moistened by milk, coffee, or other liquid