

# SOFT DIET

## PURPOSE

As a progression from a full liquid diet to a general diet. The soft diet may also be used for a postoperative patient who is too ill to tolerate a general diet. The soft diet may also be needed for patients who are too weak or whose teeth are too poor to handle all foods on a general diet.

## DESCRIPTION

Food tolerances vary with individuals. Tender foods are used (not ground or pureed) unless the individual needs additional modifications to the diet. Most raw fruits and vegetables and coarse breads and cereals are eliminated.

## BASIC INFORMATION

This diet is moderately low in plant fibers. Fried foods and highly seasoned foods may cause discomfort for the immobile or postoperative patient.

## NUTRITIONAL ADEQUACY

This diet will be adequate if foods from each of the basic food groups are eaten daily.

## SOFT DIET- FOOD LISTS

Food Groups Foods Allowed Foods to Avoid

Milk/Dairy Milk and milk drinks, milkshakes, cottage cheese, mild cheeses. Sharp or highly seasoned cheese.

Meat/Meat Substitute Broiled, roasted, baked or stewed tender lean beef, mutton, lamb, veal, chicken, turkey, liver, ham, white fish, tuna, salmon, smooth peanut butter, eggs, mashed beans if tolerated. All fried meats, fish or fowl, lunchmeats, sausages, hot dogs, meats with gristle, chunky peanut butter, beans and legumes.

Breads/Grains Rice, noodles, spaghetti, macaroni, dry or cooked refined cereals such as farina, cream of wheat, oatmeal, grits, whole wheat cereals; plain or toasted white or wheat blend or whole grain breads, soda crackers or saltines, flour tortillas. Wild or brown rice, coarse cereals such as bran or cereals with nuts. Bread or bread products with nuts or seeds.

Fruits/Vegetables Fruit and vegetable juices, well-cooked or canned fruits and vegetables, well ripened, easy-to-chew fruits, sweet potatoes, baked, boiled, mashed, creamed, scalloped or au gratin potatoes. All gas-forming vegetables (corn, radishes, Brussels sprouts, onions, broccoli, cabbage, parsnips, turnips, chili peppers), fruits containing seeds and skin.

Desserts/Sweets Simple desserts such as custard, junkets, gelatin desserts, plain ice cream, frozen yogurt, and sherbets, simple cakes and cookies, sugar, syrup, jelly, honey, plain hard candy and molasses. Rich pastries, any dessert containing dates, nuts, raisins, or coconut, fried pastries such as doughnuts.

Beverages Fruit and vegetable juices, lemonade, caffeine-free beverages (soda drinks, coffee, tea), sports beverages. Caffeinated beverages (soda drinks, coffee, tea).

Miscellaneous Butter, cream, margarine, mayonnaise, oil, cream sauces, salt and mild spices. Highly spiced salad dressings. Highly seasoned foods, Tabasco, mustard or horseradish, pepper.

#### SAMPLE MENU

Suggested Meal Plan/Suggested Foods and Beverages

#### BREAKFAST

Citrus Fruit or Juice: Orange Juice (1/2 cup)

Cereal: Oatmeal (1/2 cup)

Meat/Meat Substitute: Soft Cooked Egg (1)

Bread/Margarine: Slice of White Toast with Margarine/Jelly (1 tsp each)

Milk/Dairy/Beverage: 1% Milk (1 cup)/Decaffeinated Coffee or Tea

#### DINNER-EVENING OR NOON MEAL

Meat/Meat Substitute: Meat Loaf (3 oz)

Potato/Potato Substitute: Mashed Potato (1/2 cup)

Vegetable and/or Salad: Green Beans (1/2 cup)

Dessert: Lemon Pudding (1/2 cup)

Bread/Margarine: Dinner Roll (1) with Margarine (1 tsp)

Beverage: Decaffeinated Coffee or Tea

#### SUPPER-EVENING OR NOON MEAL

Soup or Juice: Beef Consommé (1/2 cup)

Apricot Nectar (1/2 cup)

Meat/Meat Substitute: Chicken Breast (3 oz)

Vegetable and/or Salad: Rice, Peas, and Carrots (1/2 cup each)

Dessert: Applesauce (1/2 cup)

Bread/Margarine: Slice of White Bread with Margarine (1 tsp)

Milk: 1% Milk (1 cup)/Decaffeinated Coffee or Tea