



Prosthodontics & General Dentistry  
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## **SOFT FOOD IDEAS**

*Soft foods: textured foods or those softened by cooking, mashing, chopping, blending or juicing which are easy to chew and swallow. Remember the following:*

1. *Be creative... You are on a journey to a better oral health*
2. *Do you have a blender or food processor?*
3. *Your fork and knife are your friend*
4. *You want to get as much nutrition in each meal as you can... this helps facilitate healing*
5. *This is by no means an exclusive list . . . just some ideas to get you started (and I welcome additional suggestions)*
6. *Think of all the things you CAN eat . . . not what you cannot*
7. *If it makes noise, stay away/ find a way to soften*

### **Fruits/Vegetables**

- Fruit/vegetable juices
- Fruit/vegetable smoothies
- Soft cooked vegetables (Example: baked potato, baked sweet potato, squash, mashed potatoes with gravy, spinach or other green vegetables, parsnips, carrots)
- Soft fruits (Example: banana, apple sauce, peaches, plums, melons)
  - Try to avoid berries with seeds

### **Breads/ Cereals/Grains**

- Oatmeal (well cooked)
- Grits/polenta
- Cream of wheat/rice
- Easily softened cold cereals (soak them longer)
- Soft breads (Examples: crepes, pancakes, muffins, mini muffins)

### **Eggs/Milk**

- Scrambled/soft-boiled eggs
- Cow's milk/cheeses
- Nut milk/cheeses (Example: almond, soy, coconut)
- Ice cream/ frozen yogurt/ yogurt
- Quiche/Frittata/Egg salad

### **Desserts/Drinks**

- Cake/Pie/ Pudding/custard
- Ice cream/sherbet/sorbets
- Shakes/ices
- Smoothies/ Protein shakes/drinks
- Nutritional supplement drinks

### **Meat/Protein**

- Fibrous meats: Beef/veal/lamb/liver/chicken/turkey should be chopped and/or very well done.
  - Consider use of slow cooker/baking/marinades to help soften meats
- Meatloaf/ground patties/ tofu/ veggie burgers
- Cooked bone-less flaky fish
- Beans/lentils/ hummus
- Tuna salad or chicken salad (in food processor)
- Creamy nut butters (Example: almond, peanut, cashew)
- Tacos/burritos “deconstructed” / burrito bowl/ “bowl” meal
  - Remove from breading (discard)
  - Chop contents with knife and fork into very small pieces add sour cream (if preferable)
    - ➔ Small “bird bites” portions using your tongue to help with “chewing”

### **Pasta/Soups/Sauces**

- Creamed, pureed or blended soups (Example: chicken noodle, tomato etc.)
- Broths (Example: beef, vegetable)
- Noodles (macaroni and cheese, Ramen style, fettuccine alfredo, buttered noodles, spaghetti, ravioli)
  - Chopped in very small pieces.
    - ➔ Small “bird bites” portions using your tongue to help with “chewing”