

## Soft Diet Recommendations for \_\_\_\_\_ days

### Fruits

Juices, fruit purees and sauces, baked apples, bananas, baked pears, all cooked or canned fruits without seeds.

### Milk and milk products

Soft cheeses, yogurt, ice cream, sour cream, milk, etc.

### Nutritional supplements

Carnation Instant Breakfast, Ensure, Meritene, etc.

### Vegetables

All cooked vegetables

### Soups

All cooked soups

### Cereals

All cooked cereals

### Main Courses

Fish, canned tuna or salmon, sardines, soufflés, meatloafs, all pastas, eggs, ground meat or chicken, casseroles with vegetables, ground meat and noodles, etc.

### Salads

Gelatin salads with or without cooked or canned fruits and vegetables. Salads with any cooked vegetables. All salad dressings.

### Desserts

Puddings, ice cream or sherbert, malts, custards, cooked fruits, pies (without fruit seeds), mousses, jello, and most cakes.

### Avoid the following:

Gum, Highly seasoned foods, tart fruit juice, concentrated alcoholic beverages, peanut butter, hard foods and those which are very hot or cold.

**\*IF IT'S NOT ON THE SHEET, DON'T EAT IT!!!!**