

All About Kids Dentistry

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## ***Soft Diet Instructions***

### **SUGGESTED FOODS:**

#### **Milk and Milk Products:**

Milk, Yogurt, Cream Cheese, Cottage Cheese, American Cheese

#### **Fruits and Vegetables:**

Steamed, Cooked Vegetables

V-8 or tomato juice, all Fruit Juices

Canned Fruits, Fruit Smoothies

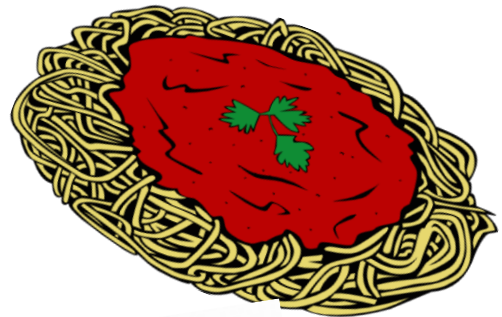
Bananas, Grapes, Ripe Peaches, Pears

#### **Breads, Cereal, and Starches:**

Dry Cereals with Milk, Oatmeal

Muffins, Soft Breads (no hard crusts)

Cooked Rice or Pasta



#### **Entrees:**

Tender Chicken or Turkey, Cut Chicken Nuggets

Ground Beef, Fish, Eggs, Chili, Soups

Pasta with Sauce, Macaroni and Cheese

Peanut Butter and Jelly on Soft Bread

Egg Salad, Tuna Salad, Chicken Salad

Lasagna

#### **Desserts:**

Cakes, Ice Cream, Sherbet, Puddings



### **FOODS TO AVOID:**

Hard Fruits (Apples), Raw Vegetables and Salads

Steaks, Chops, Hard to Chew Meats

Breads with Hard Crusts (Bagels)

Popcorn

Caramels, Chewy Candy