

**Soft diet**

Food Group	Foods Allowed	Foods To Avoid
Beverages	As desired. (8 cups liquid including water). Coffee, tea, decaffeinated beverages, cereal beverages, and carbonated beverages.	None
Breads, cereals and grains	6 or more servings. Enriched breads and rolls. Melba toast or rusk. Graham, saltine or soda crackers. Pancakes, waffles, French toast, and muffins. Plain white rice, pasta. Cooked cereal. Ready-to-eat cereals softened with milk. Mashed potatoes, sweet potatoes, yams.	Cracked wheat and whole grain breads. Rolls and breads containing coconut, nuts, dried fruits, and seeds, or having a thick crust. Whole grain or bran cereal. Cereal and bread with seeds, nuts, coconut, dried fruit. Wild or brown rice. Popcorn.
Desserts	As desired. Ice cream, sherbet, gelatin desserts, fruit whips, custards, apple, peach, pumpkin or cream pies and puddings. Cakes and cookies made without nuts or coconut.	Desserts made with coconut, nuts, seeds, and fruits not tolerated.
Fats	Use as desired and tolerated. Butter, margarine, cream, cream cheese, sour cream, cooking fats and oils, gravy, mayonnaise. Smooth peanut butter.	Highly seasoned dressings. Fried foods. Bacon. Nuts.
Fruits	2-4 servings. 1 serving citrus fruit daily. Juices as tolerated. Canned or frozen fruits as tolerated. Bananas.	All raw fruits except banana. Fruits with tough skins or edible seeds. Dried fruit (dates, raisins, etc.). Coconut. Any not well tolerated.

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Meat or substitutes	2-3 servings. Tender, moist, lean: beef, lamb, veal, pork, chicken, turkey, fish, tuna, salmon, mild cheese, cottage cheese, smooth peanut butter, and textured vegetable protein. Eggs. Casseroles. Gravy over meat to moisten.	Deep fat fried meats, fish, poultry. Tough or dry meat. Pickled, highly seasoned or barbecued meats or fish. Corned beef, smoked meats, luncheon meats, sausage or stringy flavored cheese. Dried beans, nuts and seeds. Strong favored cheeses or cheese with seeds or whole spices.
Milk	2-3 cups, as desired. Vitamin D fortified low fat milk and milk products. Low fat yogurt, milk flavored cheese, cottage cheese.	None. Yogurt with seeds or nuts.
Seasonings	Iodized salt. All seasonings as tolerated.	Whole spices, seeds used for seasoning and chili pepper. Horseradish, garlic, chili powder, Cajun seasoning, worcestershire sauce.
Soups	Mildly flavored broth or cream soups as tolerated.	Bean, gumbo, split pea, or onion soup; chunky soups or chowders. Any not well tolerated.
Vegetables	3-5 servings. 1 serving should be dark green and 1 dark yellow/orange. Soft cooked or canned vegetables (see exceptions), potatoes (mashed, baked, boiled, or creamed).	Gas forming vegetables (broccoli, brussels sprouts, cabbage, cauliflower, cucumber, green pepper, onion, turnips). Whole kernel corn, raw vegetables, fried vegetables, fried potatoes, potato chips, hash browns. Any not well tolerated.

Food Group	Foods Allowed	Foods To Avoid
Miscellaneous	As desired. Sugar, whipped topping, plain jelly, candy, marshmallows, white sauce, milk chocolate. Ketchup, mustard, soy sauce.	Nuts, pickles, popcorn, coconut, and seeds. Horseradish, vinegar, barbecue sauce, chili.

## Sample menu

### Breakfast

Orange juice  
 Oatmeal with sugar  
 Poached egg  
 Toast  
 Margarine/Butter  
 Jelly  
 Milk - low fat  
 Coffee or tea  
 Sugar

### Lunch

Cream of Mushroom soup  
 Crackers  
 Chicken noodle casserole  
 Sherbet  
 Fresh banana  
 Coffee or tea  
 Sugar

### Dinner

Meatloaf  
 Mashed potatoes/Gravy  
 Green beans  
 Canned peaches  
 Dinner roll  
 Margarine/Butter  
 Pudding  
 Milk - low fat  
 Coffee and tea  
 Sugar