

## Soft-Food Meal Plan

A soft-food meal plan includes foods that are safe and easy to swallow. This meal plan typically is used:

- If you are having trouble chewing or swallowing foods.
- As a transition meal plan after only having had liquid meals for a long period.

### WHAT DO I NEED TO KNOW ABOUT THE SOFT-FOOD MEAL PLAN?

A soft-food meal plan includes tender foods that are soft and easy to chew and swallow. In most cases, bite-sized pieces of food are easier to swallow. A bite-sized piece is about ½ inch or smaller. Foods in this plan do not need to be ground or pureed.

Foods that are very hard, crunchy, or sticky should be avoided. Also, breads, cereals, yogurts, and desserts with nuts, seeds, or fruits should be avoided.

### WHAT FOODS CAN I EAT?

#### Grains

White rice, wild rice, moist bread, dressing, pasta, and noodles. Well-moistened dry or cooked cereals, such as Farina (cooked wheat cereal), oatmeal, or grits. Biscuits, breads, muffins, pancakes, and waffles that have been well moistened. **Be cautious with bread-like textures.**

#### Vegetables

Shredded lettuce. Cooked, tender vegetables, including potatoes without skins. Vegetable juices. Broths or creamed soups made with vegetables that are not stringy or chewy. Strained tomatoes (without seeds).

#### Fruits

Canned or well-cooked fruits. Soft (ripe), peeled fresh fruits, such as peaches, nectarines, kiwi, cantaloupe, honeydew melon, and watermelon (without seeds). Soft berries with small seeds, such as strawberries. Fruit juices (without pulp).

#### Meats and Other Protein Sources

Moist, tender, lean beef. Mutton. Lamb. Veal. Chicken. Turkey. Liver. Ham. Fish without bones. Eggs.

#### Dairy

Milk, milk drinks, and cream. Plain cream cheese and cottage cheese. Plain yogurt.

#### Sweets/Desserts

Flavored gelatin desserts. Custard. Plain ice cream, frozen yogurt, sherbet, milkshakes, and malts. Plain cakes and cookies. Plain hard candy.

#### Other

Butter, margarine (without *trans* fat), and cooking oils. Mayonnaise. Cream sauces. Mild spices, salt, and sugar. Syrup, molasses, honey, and jelly.

*The items listed above may not be a complete list of recommended foods or beverages. Contact your dietitian for more options.*

### WHAT FOODS ARE NOT RECOMMENDED?

#### Grains

Dry bread, toast, crackers that have not been moistened. Coarse or dry cereals, such as bran, granola, and shredded wheat. Tough or chewy crusty breads, such as French bread or baguettes.

#### Vegetables

Corn. Raw vegetables except shredded lettuce. Cooked vegetables that are tough or stringy. Tough, crisp, fried potatoes and potato skins.

**Fruits**

Fresh fruits with skins or seeds or both, such as apples, pears, or grapes. Stringy, high-pulp fruits, such as papaya, pineapple, coconut, or mango. Fruit leather, fruit roll-ups, and all dried fruits.

**Meats and Other Protein Sources**

Sausages and hot dogs. Meats with gristle. Fish with bones. Nuts, seeds, and chunky peanut or other nut butters.

**Sweets/Desserts**

Cakes or cookies that are very dry or chewy.

*The items listed above may not be a complete list of foods and beverages to avoid. Contact your dietitian for more information.*

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