



Soft Diet

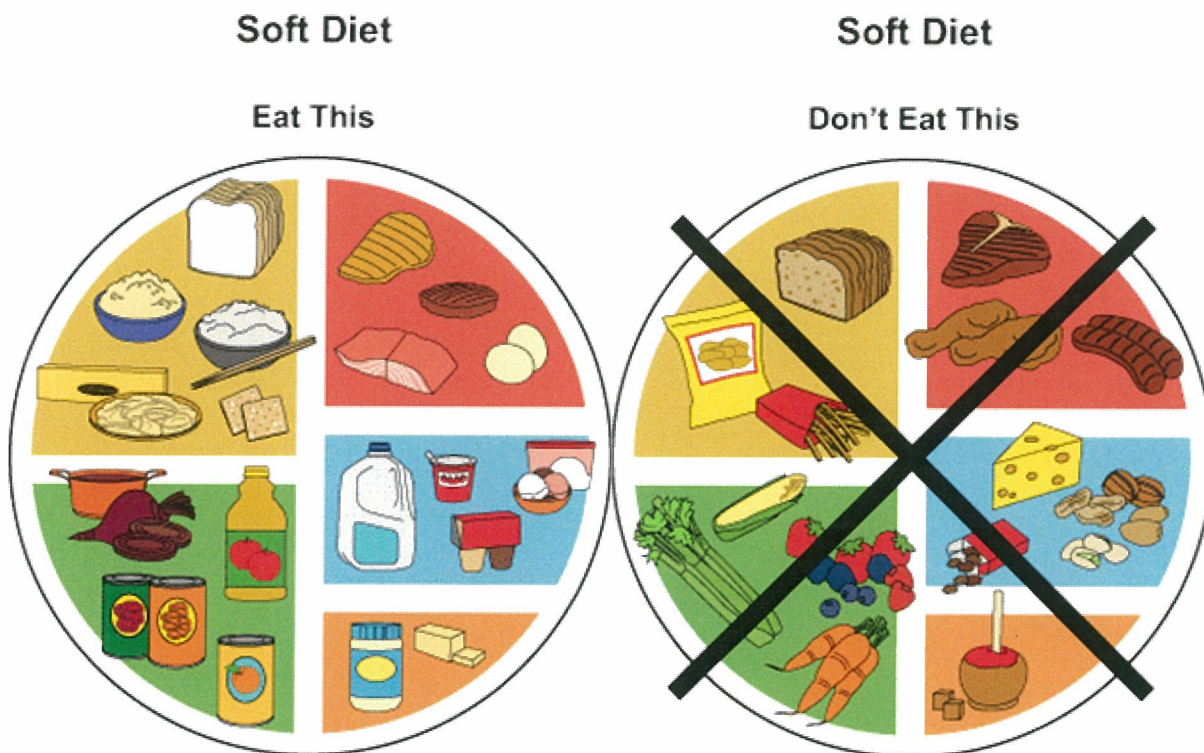
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You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

About this topic

Some people have problems chewing or swallowing. This might happen after a procedure or illness. A soft diet can give you good nutrition until you can chew and swallow normally.

Image(s)



What will the results be?

You can still get a balanced diet on these foods. You will have less trouble chewing or swallowing.

What changes to diet are needed?

You may need to replace some harder foods with softer foods. These will be easier to chew or swallow, but will have the same nutrients.

Who should use this diet?

Your doctor might suggest a soft diet if you:

- Are having radiation therapy on the head, neck, or belly
- Had stomach or gut surgery
- Are too sick or weak to eat a normal meal
- Have poor teeth
- Have swallowing problems
- Have trouble chewing regular food

What foods are good to eat?

You will be eating foods that are easy to chew and swallow on this diet. These foods are naturally soft. If not, you can cook, chop, or mash them to make them soft. These include:

- Cream soups
- Moist, tender, well-cooked meats
 - Fish
 - Soft chicken without skin
 - Turkey
 - Ground meats
- Milk products
- Yogurt
- Cottage cheese
- Cooked or canned fruit
- Fruit juice
- Cooked or canned vegetables
- Mashed, baked, or boiled vegetables
- Cooked cereals
- Plain white rice
- Soft breads and crackers
- Pasta
- Butter
- Mayonnaise
- Sour cream
- Vegetable oil

- Smooth ice cream
- Sherbet
- Custards
- Puddings
- Cakes

What foods should be limited or avoided?

You should stay away from foods that are hard to chew or swallow, such as:

- Hard meat
- Raw fruits and vegetables
- Dried fruits
- Stringy fruits and vegetables, such as celery
- Chewy, dry breads
- Crispy crackers or chips
- Nuts and seeds
- Fried foods
- Sausage
- Cold cuts
- Strong hard cheeses
- Peanut brittle
- Candy with dried fruit or chewy, sticky candy, like caramel

Will there be any other care needed?

- Use a blender to mash foods if needed.
- Steam foods to keep the nutrients. If boiling potatoes, peel after cooking.
- Bite-sized pieces are easier to swallow

When do I need to call the doctor?

Call your doctor to talk about a good meal plan for you or if you are having problems eating a soft diet. Talk to your doctor about what type of soft diet you need.

Where can I learn more?

Cancer Research

<http://www.cancerresearchuk.org/cancer-help/coping-with-cancer/coping-physically/diet/managing/soft/soft-diet-meals>

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