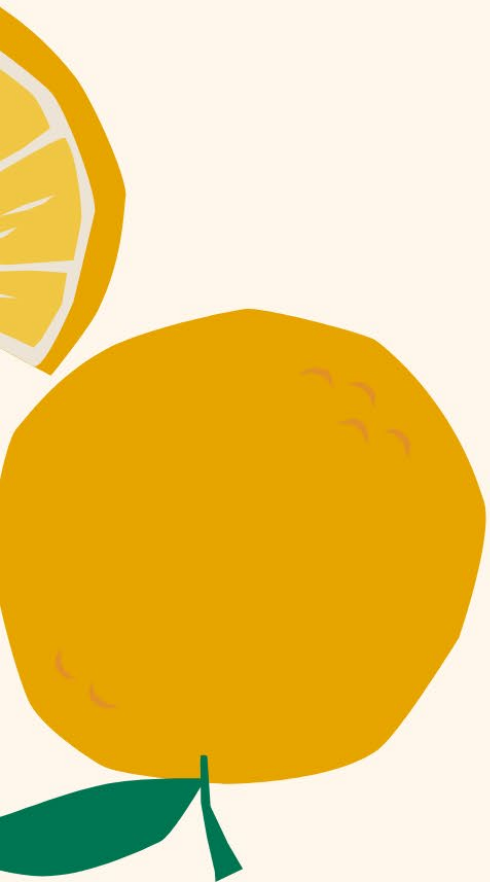
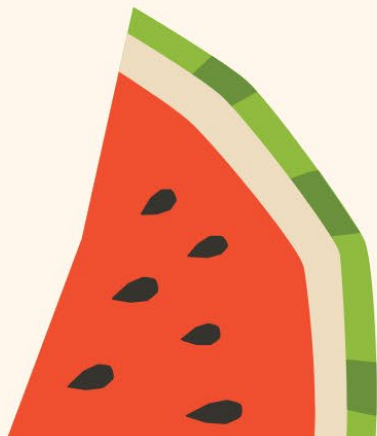




Soft Food Diet



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What is a soft food diet?

After your child's surgery, your doctor may tell you that they cannot chew for several weeks (depending on their surgery). Chewing is very forceful, and it can impact the position of their bones and the healing process. Following a **soft food diet** helps reduce chewing to make sure their body heals well after surgery.

Here are a few helpful tips for eating a soft food diet:

- Foods may need to be chopped, ground, soft-cooked, mashed, or pureed (blended). Adding liquid from sauces can help soften foods or make them easier to mash.
- Different food groups have different vitamins and minerals. These help your child's body heal after surgery. Choose foods from all food groups, including well-cooked vegetables and soft or mashed fruits.
- Protein helps the body heal! Include a source of protein with each meal and snack. Proteins can be found in foods like eggs, dairy products, legumes (nuts and beans), and meats. You can also try adding protein powder to shakes or smoothies, or buying pre-made nutrition shakes (like Ensure®, Premier Protein®, BOOST®, etc.).

What foods are part of a soft food diet?

Below are examples from different food groups of foods you can give your child during their soft food diet.

Food type	Soft food diet examples	
Fruits	<ul style="list-style-type: none">• Cooked fruits• Canned fruits• Mashed fruits• Ripe bananas	<ul style="list-style-type: none">• Applesauce• Jams or jellies (on soft bread with no crust)

Food type	Soft food diet examples	
Vegetables	<ul style="list-style-type: none"> • Over-cooked vegetables (steamed or baked) • Mashed potatoes (avoid roasted or crispy potatoes) 	<ul style="list-style-type: none"> • Mashed sweet potatoes • Avocados (or avocado spread on soft bread with no crust)
Grains	<ul style="list-style-type: none"> • Cooked oatmeal • Cream of wheat • Pancakes • Muffins • Soft baked goods and bread (avoid bagels and English muffins) 	<ul style="list-style-type: none"> • Overcooked pasta noodles (or macaroni and cheese) • Rice • Grits • Polenta • Quinoa
Proteins	<ul style="list-style-type: none"> • Tender meats (chopped into small pieces) • Fish (avoid deep-fried fish) • Tuna salad • Ground meat (like turkey, beef, or chicken) • Eggs (any style) • Egg salad • Tofu 	<ul style="list-style-type: none"> • Enchiladas • Bun-less sloppy joes • Burrito or taco bowls • Meatloaf • Meatballs • Cheeseburger without a bun (ground beef, finely minced pickles, cheese) • Lentils • Refried beans
Dairy	<ul style="list-style-type: none"> • Soft cheeses • Cottage cheese • Yogurt • Ice cream 	<ul style="list-style-type: none"> • Sorbet • Gelato • Puddings • Custards
Soups	<ul style="list-style-type: none"> • Soft vegetable soups 	<ul style="list-style-type: none"> • Cream-based soups

If you have any questions, please feel free to send a message in the online patient portal or give us a call at (734) 998-6022.

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