



Soft Diet

If you have problems chewing your food, this handout will show you soft foods you can eat.

What are soft foods?

Foods that are cooked tender and moist foods that are easy to chew.

Name: _____

Dietitian/Dietetic Assistant: _____

Telephone: _____ **Ext.:** _____

	Foods allowed	Foods not allowed or foods to avoid
Milk & milk products	<ul style="list-style-type: none"> • All milk and milk beverages • Cream • Plain or flavoured yogurt 	<ul style="list-style-type: none"> • Yogurt with seeds or nuts
Grain products	<ul style="list-style-type: none"> • Bread or soft rolls; white, whole wheat or light rye • Cooked or refined ready to eat cereals • Rice or pasta 	<ul style="list-style-type: none"> • Hard rolls • Bread and cereals with nuts, seeds, coconut or fruits • Shredded wheat cereal
Meat, fish, poultry, and alternates	<ul style="list-style-type: none"> • Ground, finely chopped or shaved meats or tofu • Tender moist whole poultry • Tender flaked fish. • All cooked eggs. • Cheese - block and cottage • Legumes 	<ul style="list-style-type: none"> • Bacon
Vegetables and fruit	<ul style="list-style-type: none"> • Soft, cooked, fruits and vegetables • Fruit and vegetable juices • Finely grated raw fruit or vegetables. All potatoes without skin • Banana • Vegetables such as spinach if finely chopped 	<ul style="list-style-type: none"> • Tough fibrous or stringy vegetables such as corn or celery • Fruits or vegetables with tough skin such as apples • Citrus fruits • Dried fruits • Baked potato with skin • Raw vegetables, tossed salads, coleslaw
Soups	<ul style="list-style-type: none"> • All soups made with minced or chopped meats and vegetables 	<ul style="list-style-type: none"> • Soups containing tough, crunchy or stringy vegetables

	Foods allowed	Foods not allowed or foods to avoid
Desserts and sweets	<ul style="list-style-type: none"> • All soft desserts and baked goods. • Jelly, honey, sugar, plain sugar candy, syrups. • Plain, soft chocolate bars • Jam or marmalade 	<ul style="list-style-type: none"> • Desserts or baked goods with seeds, nuts, coconuts or fruits • Caramel, toffee and licorice
Beverages	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Fats and oils	<ul style="list-style-type: none"> • Butter, margarine, oil, salad dressings, cream cheese, mayonnaise, gravy, smooth sauces and whipped toppings 	<ul style="list-style-type: none"> • Olives
Other	<ul style="list-style-type: none"> • Soft casseroles made of combinations of minced and soft foods in smooth sauces or gravies 	<ul style="list-style-type: none"> • Coconuts, nuts and seeds • Popcorn

Dietitian's or Dietetic Assistant's suggestions:

1. _____

2. _____

3. _____