

SOFT DIET

IF YOU HAVE TOLERATED A CLEAR LIQUID DIET WELL FOR ONE WEEK, ADVANCE YOURSELF TO A SOFT DIET

Soft Diet: a transition diet from liquids to a regular diet. A soft diet consists of foods that are easy to chew and swallow.

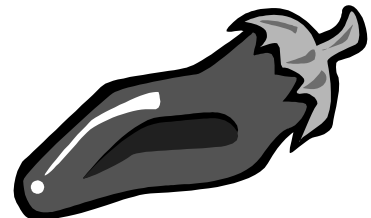
ALLOWED

- Foods softened by cooking or mashing
- Canned or soft-cooked fruits and vegetables
- Moist, tender meats, fish, and poultry



NOT ALLOWED

- Raw fruits and vegetables
- Tough meats.
- Fried, greasy foods
- Highly-seasoned or spicy foods



FOOD GROUP	RECOMMENDED	AVOID
Meats and Poultry	Moist, Tender	Fried or Smoked
Fish	Moist, Tender	Fried or Smoked
Fruits	Cooked or Canned	Raw
Vegetables	Cooked or Canned	Raw or Fried
Grains	Cereal	Bread, Pasta, Rice