

## SOFT DIET MENU IDEAS

### Breakfast:

Porridge, weetbix with milk  
Stewed canned fruit, mashed banana  
Yoghurt  
Bread (white or wholemeal)  
Tinned spaghetti  
Poached/scrambled/boiled eggs

### Lunch:

Soup (packet/tinned/homemade)  
Noodles, macaroni cheese  
Sandwiches with soft fillings e.g. tinned salmon/tuna, mashed boiled egg, avocado, marmite, cottage cheese, commercial spreads  
Yoghurt, custard, dairy food, creamed rice  
Tinned or stewed fruit

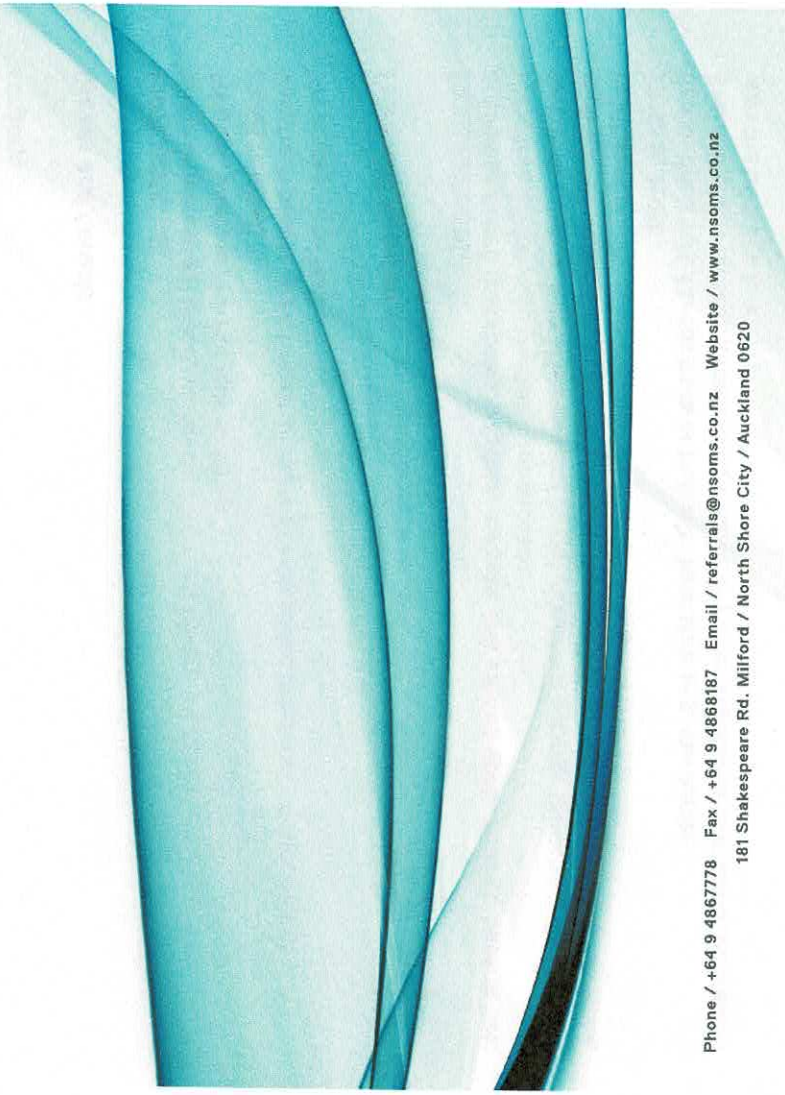
### Dinner:

Minced beef/chicken with gravy  
Baked/steamed fish with white sauce  
Egg omelette/soufflé  
Tofu  
Mashed potato, pasta, rice (well cooked)  
Tender/mashed vegetables, kumara, pumpkin, carrot, cauliflower, broccoli  
Rice pudding, custard, ice-cream, jelly, yoghurt, dairy food  
Sponge pudding with sauce  
Stewed or tinned fruit



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# Soft Textured Diet Post Oral Surgery



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It is important after any surgical procedure that you eat well. You need to provide your body with all of the essential nutrients to assist in the healing process. If you are not eating well, the healing process may take longer and/or you may experience some complications.

The diet you have been recommended by your surgical team is a **SOFT** diet.

Some people can find it hard to maintain their normal weight on this diet (i.e. they may lose weight), or they might find they are eating only one or two types of naturally soft foods (i.e. yoghurt and stewed fruit).

Now is not the time to try and lose weight. To give yourself the best chance of healing well and getting back on your feet, you need to make sure you are eating well by choosing foods from **each** of the food groups below **daily**. You may also need to include regular snacks between meals to prevent unwanted weight loss.

**Please note:- dairy products are not recommended for the first 48 hours post-surgery.**

### **Breads and Cereals**

#### Foods suggested:

White or wholemeal bread, sandwiches with soft fillings.

Porridge, weetbix with hot milk to soften.

#### Foods to avoid:

Very fresh breads, grain breads, dry cereals with added dried fruit or nuts, muesli.

Dry crackers and biscuits.

### **Fruits and Vegetables**

#### Foods suggested:

Stewed or tinned fruit; pears, peaches, apricots, soft stewed apple, mashed banana, soft berry fruit, melon, ripe kiwifruit. Ripe avocado.

Tender or mashed vegetables; mashed pumpkin/kumara/parsnip, spinach.

Well-cooked vegetables; cook these vegetables until softer than usual; carrots, broccoli, cauliflower.

#### Foods to avoid:

Raw or dried fruit, fibrous fruits or fruit with hard skins (e.g. raw apple).

Raw and salad vegetables, roasted vegetables, any other vegetables that cannot be mashed with the back of a fork.

### **Dairy Products**

#### Foods suggested:

Margarine, cream, ice-cream, dairy food, milk, yoghurt, cottage cheese, sour cream, cream cheese, custard, rice pudding.

#### Foods to avoid:

Grilled cheese, cheeses containing dried fruit, nuts or seeds.

### **Potatoes/Rice/Pasta**

#### Foods suggested:

Mashed potato, macaroni, noodles, spaghetti and rice.

#### Foods to avoid:

Crispy chips, roast vegetables, potato skins, fried rice.

### **Meat/Chicken/Fish/Eggs/Meat alternatives**

#### Foods suggested:

Meat; savory mince, meatballs, meat casseroles.

Chicken; chicken mince, finely chopped chicken with gravy.

Fish; baked or steamed fish with sauce, tinned salmon or tuna.

Eggs; all types of eggs with soft texture- boiled/scrambled/poached/omelette.

Tinned refried beans (mashed variety).

Soft tofu.

#### Foods to avoid:

Tough meat, large chunks of meat (i.e. steak), crispy outer skins from roasts, dry meat or chicken, beef jerky.

### **Handy Hints:**

- Use a food processor or blender to puree/mince your foods if you are having difficulty with swallowing.
- Nausea symptoms can be minimized by eating small amounts of food often throughout the day. Try and eat something every 2-3 hours (e.g. a slice of bread with marmite, cup of soup, etc).
- Add sauces and gravies to meals to aid swallowing.