

## 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  
Tofu  
Mashed potato, pasta, rice (well cooked)  
Tender/mashed vegetables, kumara, pumpkin, carrot, cauliflower, broccoli  
Rice pudding, custard, ice-cream, jelly, yoghurt, dairy food  
Stewed or tinned fruit



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# Soft Textured Diet Post Oral Surgery

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.

### **Breads and Cereals**

#### Foods suggested

White or wholemeal bread, sandwiches with soft fillings.

Porridge, weetbix with 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, stewed apple, mashed banana, melon, avocado

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

Well-cooked vegetables; 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.

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

#### Foods suggested

Meat; savory mince, meatballs, meat casseroles.

Chicken; chicken mince.

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:**

- 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.