SOFT DIET MENU IDEAS

BREAKFAST:

Porridge Weetbix with milk Stewed canned fruit Mashed banana Yoghurt Bread (white or whole meal) 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 Creamed rice Tinned or stewed fruit

DINNER:

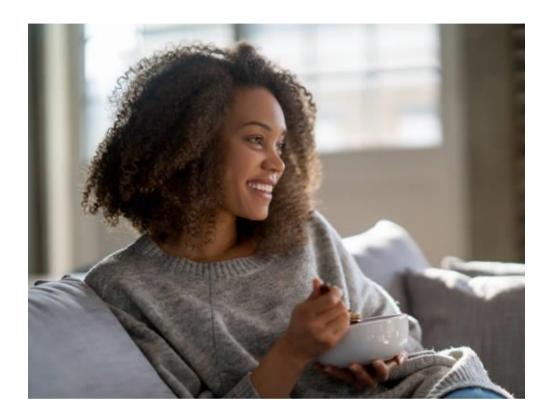
Minced beef/chicken with gravy Baked/steamed fish with white sauce Egg omelette Tofu Mashed potato, pasta, rice (well cooked) Tender/mashed vegetables, kumara, pumpkin, carrot, cauliflower, broccoli Rice pudding, custard, ice-cream, jelly, yoghurt Stewed or tinned fruit

> 0800 676 670 | reception@nsoms.co.nz | www.nsoms.co.nz Suite 8, 3 Akoranga Drive, Northcote, Auckland 0627 3 Broadway, Newmarket, Auckland 1023



POST ORAL SURGERY Soft Textured Diet

NSON



Dr. Han Choi | Dr. Rajiv Rajpal | Dr. Sam Goldsmith

It is important after any surgical procedure that you eat well. You need to provide your body with all 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.

