## Soft Diet

# Mechanical/Edentulous Soft Diet

### General Description

This diet may contain foods and beverages that are easily chewed and swallowed. It is a modification in texture and consistency of the regular diet, and may be provided as pureed, ground, chopped or whole foods of a soft consistency. The diet should be individualized and adjusted to accomodate specific food tolerances, and may be expanded to include ***FOODS USUALLY NOT TOLERATED***.

### Indications for Use

This diet may be indicated for patients with poor dentition, who have loose fitting dentures, or have difficulty chewing or swallowing regular foods.

### Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is nutritionally adequate with the same exceptions as for the regular diet.

| Food Groups | Foods Usually Tolerated | Foods Usually Not Tolerated |
|---|---|---|
| Dairy | Milk, evaporated milk, powdered milk, buttermilk, milkshakes, chocolate milk, yogurt. Cheese, cream cheese, cottage cheese. | None |
| Meat or Substitute | Very tender ground or pureed beef, veal, pork, ham, poultry, fish, or seafood. Crisp bacon, smooth peanut butter, soft meat casseroles, tender cooked legumes. | Tough and dry meats, poultry or fish, especially those having been dry roasted or fried. Any meat or substitute with gristle or tough connective tissue. Whole, coarse, or tough legumes, nuts, and other nut products; seed kernels. |
| Eggs | All | None |
| Potato or Substitute | Mashed, boiled, creamed or baked white or sweet potato, rice, spaghetti, grits, noodles, macaroni. | Hard fried potatoes, potato skin. Potato chips or other snack foods (i.e., popcorn, pretzels.) |

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| Vegetables | All cooked and tender vegetables, except those not tolerated. Pureed vegetables. Vegetable juices. | All raw vegetables, cooked with tough skins or fibrous stalks like corn, broccoli, cauliflower, asparagus, and hominy. |
| Fruits & Fruit Juices | All fruit juices, soft canned fruit like mandarin oranges, applesauce, bing or royal anne cherries, fruit cocktail, figs, peaches, pears, crushed pineapple, purple plums, orange, and grapefruit sections (no membrane). Fresh ripe banana, avocado, seedless grapes. Any pureed or blenderized fruits. | All raw, crisp fruits except those allowed. Dried fruits, coconut, raisins, fibrous canned fruits like pineapple rings, rhubarb. Berries with seeds. |
| Breads & Cereals | White, rye without seeds and refined whole wheat bread; melba toast, rusk, saltines, soft rolls, pancakes, cakes, waffles, graham crackers, hot breads such as biscuits, cornbread, and muffins. | Whole grain bread containing seeds, bread with nuts, seeds, raisins, and excluded fruits. Whole grain cereals and those containing nuts, seeds, raisins, and any excluded fruit. |
| Fats | Margarine, butter, cooking fats and oils, mayonnaise, sweet or sour cream, meat drippings, gravies, salad dressing. | Nuts. |
| Beverages | All | None |
| Soup | All | None |
| Desserts/Sweets | Cake, soft cookies, pies, fruit ice, pudding, ice cream, gelatin, custards, sugar, honey, syrup, jelly. | Any pies, pudding, or desserts containing nuts, raisins, or excluded fruits. |
| Miscellaneous | All seasonings. | Seeds. |

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## Suggested Meal Plan

| Breakfast | Lunch | Dinner |
|---|---|---|
| Juice | Meat or Substitute | Meat or Substitute |
| Hot Cereal | Potato or Substitute | Potato or Substitute |
| Egg or Substitute | Vegetable | Vegetable |
| Bread | Fruit | Fruit |
| Margarine | Dessert | Dessert |
| 2% Milk | Bread | Bread |
| Beverage | Margarine | Margarine |
| Beverage | 2% Milk | Beverage |