

Soft Foods Diet

**NO STRAWS FOR 1 WEEK AFTER SURGERY
COLD FOODS THE FIRST 24 HOURS AFTER SURGERY**

Breakfast Ideas:

Milk
Fruit Juices
Cream of Wheat
Ensure/ Boost Drinks
Carnation Instant Breakfast Drink
Oatmeal
Scrambled Eggs/Omelet

Snack Ideas:

Applesauce
Canned Fruits
Jello
Soft Fruit
Yogurt
Pudding
Ice Cream

Meal Ideas:

Any vegetables (except corn) well cooked, baked, scalloped, pureed, souffled, casseroles. Also any type of pasta or soups.

Cheese:

Soft Cream Cheese
Pimento Cheese
Cottage Cheese
Cheese Spread

Meats and Fish:

Deviled Ham
Chicken
Tuna
Salads (ham,egg,tuna)
Any Flaky Fish

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