



Information and Suggestions for Soft-Food Diet

Your periodontist/oral surgeon recommends that you follow a soft food diet for 5-7 days following treatment in order to help prevent complications with your surgical site. Below are some recommended foods and some to avoid.

Recommended Food

Liquid: Water, milk, fruit juice, vegetable cocktail, Ensure, Boost

Pasta: Overcooked Kraft Dinner, cheese ravioli, overcooked pasta with plain tomato sauce

Fish: Fish (with no bones) mixed with mayo

Cereals: Porridge/oatmeal, Rice Krispies soaked in milk

Fruits: Bananas, avocados, canned fruits drained and blended, applesauce

Vegetables: Steam or microwave until very soft

Potatoes: Baked, boiled, mashed or scalloped (remove peels)

Eggs: Scrambled, boiled

Sweets: Ice cream, pudding, Jell-O, yogurt, custard, mousse, milkshakes, fruit smoothies (no seeds)

Other: Tofu, cottage cheese, chicken salad, soup broth, soft bread with no seeds

Food to Avoid

- Any hard to chew food
- Spicy food
- All raw vegetables
- Cooked vegetables with large seeds or tough skin
- Beans: as part of their skin tends to get stuck in teeth
- Dried fruits
- Whole grain bread with seeds, crusty bread
- Crackers (unless soaked in soup broth)
- Fried potatoes
- Any product with nuts and/or seeds
- Bacon
- Fish with bones
- Popcorn, potato chips, candies, gum
- Peanut butter, molasses, caramel spread and honey, as they are all sticky

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