

## SOFT FOOD DIET

### Weeks 1-2

Mushy Diet – pudding, yogurt, smoothies, protein shakes, broth, applesauce, mashed potatoes, cottage cheese, cream of wheat, ice cream, jell-o, avocado, bananas, blended soups.

\*increase your protein during this time as it is the building block for healing\*

### Weeks 3-8

Soft Food Diet – everything listed above, eggs, fish, ground meat, pancakes, pasta, well cooked veggies, canned peaches/pears, oatmeal.

### Weeks 9 – until you get your final teeth

Soft Food Diet – everything listed above. You may begin to incorporate slightly more foods that require chewing as long as you cut them up into small bite-sized pieces.

### DO NOT EAT LIST

- Seeds
- Candies
- Chips
- Tortillas
- Raw Veggies
- Nuts
- Gum
- Popcorn
- Most Breads
- Shredded Meats

\*As a general rule of thumb, if it requires biting/tearing, please avoid it while in your temporary prosthetics\*

IF YOU CAN SQUISH IT WITH THE BACK OF A CHEAP PLASTIC FORK (THINK DOLLAR TREE, NOT COSTCO),  
THEN YOU CAN EAT IT!