

# SOFT DIET

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## PURPOSE

As a progression from a full liquid diet to a general diet. The soft diet may also be used for a postoperative patient who is too ill to tolerate a general diet. The soft diet may also be needed for patients who are too weak or whose teeth are too poor to handle all foods on a general diet.

## DESCRIPTION

Food tolerances vary with individuals. Tender foods are used (not ground or pureed) unless the individual needs additional modifications to the diet. Most raw fruits and vegetables and coarse breads and cereals are eliminated.

## BASIC INFORMATION

This diet is moderately low in plant fibers. Fried foods and highly seasoned foods may cause discomfort for the immobile or postoperative patient.

## NUTRITIONAL ADEQUACY

This diet will be adequate if foods from each of the basic food groups are eaten daily.

### SOFT DIET— FOOD LISTS

Food Groups	Foods Allowed	Foods to Avoid
Milk/Dairy	Milk and milk drinks, milkshakes, cottage cheese, mild cheeses.	Sharp or highly seasoned cheese.
Meat/Meat Substitute	Broiled, roasted, baked, or stewed tender lean beef, mutton, lamb, veal, chicken, turkey, liver, ham, white fish, tuna, salmon; smooth peanut butter; eggs; mashed beans if tolerated.	All fried meats, fish, or fowl; lunch meats; sausages; hot dogs; meats with gristle; chunky peanut butter; beans and legumes.
Breads/Grains	Rice; noodles, spaghetti; macaroni; dry or cooked refined cereals such as farina, Cream of Wheat, oatmeal, grits, whole wheat cereals; plain or toasted white or wheat blend or whole grain breads; soda crackers or saltines; flour tortillas.	Wild or brown rice, coarse cereals such as bran or cereals with nuts. Bread or bread products with nuts or seeds.
Fruits/Vegetables	Fruit and vegetable juices; well-cooked or canned fruits and vegetables; well-ripened, easy-to-chew fruits; sweet potatoes; baked, boiled, mashed, creamed, escalloped, or au gratin potatoes.	All gas-forming vegetables (corn, radishes, Brussels sprouts, onions, broccoli, cabbage, parsnips, turnips, chili peppers), fruits containing seeds and skin.

# SOFT DIET

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## SOFT DIET— FOOD LISTS

Food Groups	Foods Allowed	Foods to Avoid
Desserts/Sweets	Simple desserts such as custard, junkets, gelatin desserts, plain ice cream, frozen yogurt, sherbet, simple cakes and cookies, sugar, syrup, jelly, honey, plain hard candy, and molasses.	Rich pastries; any dessert containing dates, nuts, raisins, or coconut; fried pastries such as doughnuts.
Beverages	Fruit and vegetable juices, lemonade, caffeine-free beverages (soda drinks, coffee, tea), sports beverages.	Caffeinated beverages (soda drinks, coffee, tea).
Miscellaneous	Butter, cream, margarine, mayonnaise, oil, cream sauces, salt, and mild spices.	Highly spiced salad dressings. Highly seasoned foods, Tabasco, mustard or horseradish, pepper.

## SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
<b>BREAKFAST</b> Citrus Fruit or Juice Cereal Meat/Meat Substitute Bread with Margarine Milk/Dairy/Beverage	Orange Juice (1/2 cup) Oatmeal (1/2 cup) Soft-Cooked Egg (1) Slice White Toast with Margarine/Jelly (1 tsp each) 1% Milk (1 cup)/Decaffeinated Coffee or Tea
<b>DINNER—EVENING OR NOON MEAL</b> Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Dessert Bread with Margarine Beverage	Meat Loaf (3 oz) Mashed Potato (1/2 cup) Green Beans (1/2 cup) Lemon Pudding (1/2 cup) Dinner Roll (1) with Margarine (1 tsp) Decaffeinated Coffee or Tea
<b>SUPPER—EVENING OR NOON MEAL</b> Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Dessert Bread with Margarine Milk	Beef Consommé (1/2 cup) Apricot Nectar (1/2 cup) Chicken Breast (3 oz) Rice, Peas and Carrots (1/2 cup each) Applesauce (1/2 cup) Slice White Bread with Margarine (1 tsp) 1% Milk (1 cup)/Decaffeinated Coffee or Tea

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## Nutrient Analysis

Calories	1781 Kcal	Riboflavin	2.1 mg
Protein	89 gm	Thiamin	1.4 mg
Carbohydrate	236 gm	Folate	211 mcg
Fat	53 gm	Vitamin B6	1.6 mg
Saturated Fat	16 gm	Vitamin B12	4.4 mcg
Monounsaturated Fat	20 gm	Calcium	1041 mg
Polyunsaturated Fat	13 gm	Phosphorus	1602 mg
Cholesterol	386 mg	Zinc	10 mg
Dietary Fiber	16 gm	Iron	10 mg
Vitamin A	1455 IU	Sodium	2380 mg
Vitamin C	77 mg	Potassium	3212 mg
Niacin Equivalents	15 mg		