

SOFT FOOD LIST (1 Week ONLY)

Here are a few suggestions for an appropriate menu during your recuperation. Remember that nutrition and hydration are very important to healing. So, **drink lots of fluids such as fruit juices, tea, and water.** Eat a variety of foods, and do not limit yourself to sweet choices like pudding and ice cream.

SCRAMBLED EGGS

SMOOTHIES (DO NOT USE A STRAW)

MASHED POTATOES AND GRAVY

PUDDING, JELLO, AND YOGURT

CANNED STEW

PACKAGED STUFFING MIXES

TUNA SALAD OR CASSEROLE

MACARONI AND CHEESE

PASTA

POTATO OR MACARONI SALAD

SOUP

COTTAGE CHEESE

APPLESAUCE

EGG SALAD

ICE CREAM

CANNED FRUITS AND VEGTABLES

BONELESS FISH

NO TORILLA CHIPS, CRACKERS (THINGS THAT HAVE SMALL PIECES) ETC. FOR APPROXIMATELY 2-3 WEEKS AFTER EXT