***SOFT DIET***

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***What is a soft diet?***

A soft diet generally eliminates foods that are difficult to chew or swallow, and also spicy, fried, or grassy foods. A mechanical soft diet simply eliminates foods that are difficult to chew or swallow.

***Why should I follow a soft diet?***

A soft diet is often prescribed as a transitional diet following certain types of surgery or illnesses. It may also be recommended for people who are undergoing radiation therapy to the head, neck or abdominal area. A mechanical soft diet may be prescribed if you are having trouble chewing food, for instance due to lack of teeth, or if you have difficulty swallowing.

***Soft diet basics:***

Foods permitted on a soft diet may be naturally soft, or if not, they may be mashed, chewed, or cooked to achieve a soft consistency. Foods that are generally eliminated include: 1) tough meats, 2) raw fruits and vegetables, 3) chewy or crispy breads, 4) nuts and seeds.

Depending on why you need a soft diet, your doctor may also recommend that you avoid grassy foods. Foods that are tolerable on this diet can vary greatly from one person to the next. Work with your doctor or a registered dietitian to determine the types and textures of foods that you can tolerate. Use the below chart as a guide and then customize it to your needs.

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| Food Group | Foods Recommended | Foods to Avoid |
| Grains | Cereal (without nuts or dried fruit), Refined breads, crackers, muffins, pancake, or waffles,  Pasta  Plain, white rice | Whole grain bread, crackers, muffins, pancakes, or waffles,  Wild or whole grain rice. |
| Vegetables | Soft-cooked or canned vegetables,  Raw salad greens or tomatoes,  Cooked potatoes without the skin (except fried or chips) | Fried potatoes,  Hard, raw vegetables with large seeds or tough skins |
| Fruits | Soft raw fruits (without skin)  Cooked and canned fruits (without skin) | Dried fruits  Fruits with skins, seeds, or pits  Coconut |
| Milk | Milk and milk drinks  Yogurt  Cheese, cottage cheese | Cheese with nuts or seeds |
| Meats and Beans | Tender meat, pork, poultry and fish  Eggs  Tofu  Smooth Peanut butter | Deli meats, such as salami or pepperoni  Bacon  Anything fried (including fried eggs)  Shellfish  Fish with bones  Nuts and seeds |
| Fats and Sweets | Ice cream, sherbet and frozen yogurt  Pudding,  Plain chocolate  Cake and cookies without hard pieces (e.g. chocolate chips, raisin, nuts) | Products with seeds, dried fruit, nuts, or other hard pieces  Fruit or nut pies |