

# SOFT DIET

*IF YOU HAVE TOLERATED A CLEAR LIQUID DIET WELL FOR ONE WEEK, ADVANCE YOURSELF TO A SOFT DIET*

**Soft Diet: a transition diet from liquids to a regular diet. A soft diet consists of foods that are easy to chew and swallow.**

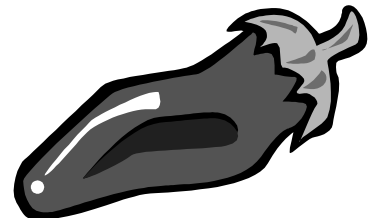
## ALLOWED

- Foods softened by cooking or mashing
- Canned or soft-cooked fruits and vegetables
- Moist, tender meats, fish, and poultry



## NOT ALLOWED

- Raw fruits and vegetables
- Tough meats.
- Fried, greasy foods
- Highly-seasoned or spicy foods



<b>FOOD GROUP</b>	<b>RECOMMENDED</b>	<b>AVOID</b>
<b>Meats and Poultry</b>	<b>Moist, Tender</b>	<b>Fried or Smoked</b>
<b>Fish</b>	<b>Moist, Tender</b>	<b>Fried or Smoked</b>
<b>Fruits</b>	<b>Cooked or Canned</b>	<b>Raw</b>
<b>Vegetables</b>	<b>Cooked or Canned</b>	<b>Raw or Fried</b>
<b>Grains</b>	<b>Cereal</b>	<b>Bread, Pasta, Rice</b>