

Soft Diet

MYTH:

You CANNOT enjoy great food while having orthodontic treatment...

WHAT IS SOFT DIET?

Soft Diet consists of soft textured foods that are easy to chew and swallow. The food texture can be changed by **cooking, mashing, or chopping.**

WHAT ARE THEY?

Milk & Dairy Products

- ❑ Milk and milk drinks, milkshakes, cream cheese, cottage cheese, mild cheeses.

Meat & Meat Substitutes

- ❑ Broiled, roasted, baked or stewed tender lean beef, mutton, lamb, veal, chicken, turkey, liver, ham, crisp bacon.
- ❑ White fish, tuna, salmon.
- ❑ Eggs, smooth peanut butter.

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.
- ❑ Broths or creamed soups made with allowed vegetables, strained tomatoes.

Beverages

- ❑ Fruit and vegetable juices, caffeine free carbonated drinks, coffee, tea.

Fruits & Vegetables

- ❑ Fruit and vegetable juices.
- ❑ Well cooked or canned fruits and vegetables, and dried fruit.
- ❑ One citrus fruit daily, one vitamin A source daily.
- ❑ Well ripened, easy to chew fruits, sweet potatoes.
- ❑ Baked, boiled, mashed, creamed, scalloped or au gratin potatoes.

Desserts & Sweets

- ❑ Simple desserts such as custard, junkets, gelatin desserts, plain ice cream and sherbets.
- ❑ Simple cakes and cookies, allowed fruits, sugar syrup, jelly, honey.

Miscellaneous

- ❑ Butter, cream, margarine, mayonnaise, oil, cream sauces, salt and mild spices.

Be inspired

A balanced diet is essential for your health, and it is especially important for patients undergoing orthodontic treatment.

REMEMBER, GREAT FOODS ARE OUT THERE FOR YOUR WELLBEING & ENJOYMENT!