

SOFT DIET

The Soft Diet provides 2,000 to 2,500 calories with an analysis of approximately 275 - 345 grams carbohydrate, 75 to 95 grams protein, and 70 - 85 grams fat. Vitamins and minerals are adequate to meet the Recommended Daily Allowance (RDA) of the National Research Council.

The Soft Diet is low in fiber and connective tissue, soft in texture and includes foods simply prepared and easily digested.

Foods to Include Daily	Recommended Foods	Foods to be Avoided
Milk	Skim, whole, and chocolate milk, buttermilk, evaporated or powdered milk, milk shakes and yogurt.	None
Vegetables	Well-cooked carrots, beets, eggplant, pumpkin, mushrooms, English peas, squash, chopped spinach, okra, asparagus, green beans, tomatoes and tender greens. Vegetable juices. Chopped lettuce and chopped raw tomatoes as tolerated.	All others not listed as allowed.
Fruits	Fruit juices, avocado, ripe banana, peeled baked apple, seedless grapes, and orange and grapefruit sections; canned. Canned apricots, applesauce, cherries, figs, fruit cocktail, peaches, pears, purple plums and pineapple.	Raw fruit except those allowed, berries, fresh pineapple, other fruits with skin and seeds unless strained.
Breads	Enriched white and refined wheat and rye breads, bread without seed, saltines, and dinner rolls. Waffles, pancakes, biscuits and cornbread (from sifted or fine corn meal).	Bran, breads made from coarse whole grain products and cornbread made with stone ground corn meal.
Cereals	All prepared cereals, cooked or dry except whole grain and bran.	Coarse whole grain cereals
Potatoes or substitute	Mashed, boiled, creamed and baked white potatoes or sweet potatoes, rice, noodles, macaroni and spaghetti.	Potato skins, potato chips and fried potatoes.

Foods to Include Daily	Recommended Foods	Foods to be Avoided
Meats, Fish, Poultry	Baked, broiled, or grilled lean tender cuts of beef, veal, lamb, pork, ham, chicken, turkey, liver, fish, and shellfish.	Tough fibrous meat with gristle or excess fat, processed meats such, luncheon meats, wieners or smoked or fried fish.
Eggs	Cooked any way except fried.	Fried eggs.
Cheese and Meat Substitutes	Mild American, cottage cheese and Swiss cheese. Smooth style peanut butter.	All except those allowed
Fats	Sweet and sour cream, butter, vegetable oils, shortening. Margarine and mayonnaise. Plain smooth salad dressings	Bacon drippings and lard. Salad dressings with chopped pickle or onion
Desserts	Simple puddings, custards, gelatin, ice cream, sherbet, plain cake and cookies chocolate in moderation pies made with allowed foods.	All others.
Soups	Any soup made from allowed foods.	
Beverages	All beverages. Coffee, tea, fruit flavored and carbonated drinks.	
Miscellaneous	Jellies, honey, lemon, sugar, salt, mild herbs and spices as, chopped parsley, chives, cinnamon, paprika and black pepper.	All except those listed.