

West Suburban Family Dental
Soft Diet Guidelines

Food Group	Foods Allowed	Foods to Avoid
Beverages	All	None
Soups	Mildly seasoned broth, bouillon, or cream soup, strained vegetable soup	Bean, gumbo, split pea or onion soup, chunky soups or chowders
Meats	Any moist, tender meats, fish or poultry (lamb, veal, chicken, turkey, tender beef, liver, stew pork, eggs (see exceptions)), creamy peanut butter	Fried chicken or fish with bones, shellfish, fried, salted or smoked meats, sausage, cold cuts, raw or dried eggs, dried beans, nuts and seeds
Dairy	All low – fat milk products, smooth yogurt, mild flavored cheese, cottage cheese	Yogurt with nuts or seeds, sharp or strong cheeses, cheeses with whole seeds or spices (avoid milk if lactose intolerant)
Fruits	Cooked or canned fruits, soft, fresh banana or avocado, fruit juice	All raw fruit (except banana or avocado), dried fruit (dates, raisins), coconut
Vegetables	Soft – cooked or canned vegetable (see exceptions), fresh lettuce or tomato, potatoes (mashed, baked, boiled or creamed)	Gas forming vegetables (broccoli, Brussels sprouts, cabbage, cauliflower cucumber, green pepper, onion, turnips) fried vegetables, French fries, hash browns
Grains	Refined cooked or ready to eat cereal, refined white, wheat, or rye bread, rolls or crackers, plain white rice, pasta	Whole grain breads and cereals (bran, rye with seeds or whole wheat), breads or rolls with coconut, raisins, nuts or seeds
Fats	Butter, margarine, mild salsa dressing, mayonnaise, gravy cream, cream, cream substitute, sour cream, vegetable oil	Spicy salad dressings fried foods
Desserts & Sweets	Smooth ice cream, ice milk or frozen yogurt, sherbet, fruit ices, custards, puddings, cakes or cookies made without nuts or coconut	Desserts or candy made with dried fruit, nut coconut, candied fruit, peanut brittle

**Any questions or concerns please call the office
(630) 571-3030**