

DIET AND NUTRITION: Mechanical Soft Diet

It is recommended that you follow a mechanical soft diet because you are having problems with chewing or swallowing your food. The mechanical soft diet contains foods that are chopped, liquefied in a blender, and ground. To make foods easier to eat, liquids are added to regular foods.

HELPFUL HINTS

- Pour syrups, honey, or juices over bread products such as pancakes, French toast, waffles, and muffins.
- Soften crackers and other breads in soups.
- Eat rice (except wild), noodles, and pastas.
- Use gravies, broth, and sauces on ground meats, poultry, or other dishes.
- Eat plain yogurts or yogurts without added fruit.
- Eggs (cooked), cooked dry beans and peas, and creamy peanut butter are good sources of protein that can be used.
- Choose cheeses that are soft, including cottage cheese, ricotta, and highly processed spreads without nuts.
- Well-cooked soft (or mashed) vegetables without skin, mashed potatoes, and vegetable juices are well tolerated.
- Choose cooked or canned fruit without seeds or skin or fruit juices, or mix regular fruits with yogurt or ice cream in a blender to make milkshakes.
- Chew all foods well, and eat slowly to make swallowing food easier.

FOODS TO AVOID

Raw fruits and vegetables

Coconut

Dried fruits

Nuts and seeds

Foods that do not fit into the guidelines listed above

SAMPLE MENU

Breakfast

Apple juice

Farina with butter

Scrambled eggs

Banana

Milk

Coffee or tea

Snack

Fruit milkshake

Lunch

Vegetarian vegetable soup

Grilled cheese sandwich

French fries

Canned pears

Vanilla pudding with whipped topping

Iced tea

Snack

Fruit cocktail

Iced tea

Dinner

Dinner roll with butter

Spaghetti with meatballs

Green beans (soft)

Sliced peaches

Angel food cake

Milk

Tea or coffee or iced tea

Snack

Chocolate chip cookies softened with milk