



**OZARK**  
PROSTHODONTICS

## SOFT FOOD DIET

### DO NOT TEAR INTO FOOD WITH THE FRONT TEETH

Your doctor is asking that you begin a soft diet with foods that require minimal chewing. It is also advised that you use the "Fork Rule" – Cut foods with a fork or tear off and place the food at your back teeth. Maintain this diet for the duration of your treatment or as instructed by your doctor.

### EXAMPLES OF SOFT FOODS

- Poached, cooked, or scrambled eggs
  - Shakes, smoothies, ice cream and sherbet
- (With no bits of anything in it – let it melt in your mouth and swallow)
- Yogurt
  - Puddings, Jell-O, and smooth applesauce
  - Ground meats or shredded (turkey, beef, sausage, pulled pork or chicken, etc.)
  - Baked and mashed potatoes – Sweet or regular
  - Pastas
  - Soups – with small soft pieces
  - Soft cheeses
  - Oatmeal, rice, malt-O-meal, and Cream of wheat hot cereal
  - Beans and peas
  - Bananas and mandarin oranges
  - Juices
  - Broth – beef, chicken, vegetable
  - Slim fast, Boost, or other protein shakes
  - Beginner baby foods

### FOODS TO REFRAIN FROM EATING

- Many breads require extensive chewing – refrain from breads
- Taffies and sticky candies (tootsie rolls, caramel based candies, etc.)
- Nuts
- Hard fruits
- Popcorn
- Salad

**When in doubt with a food – Don't  
hesitate to call our office.**