

# SOFT DIET

## (Sheet 1 of 2)

### PURPOSE:

As a progression from the full liquid diet to a general diet. The soft diet may also be used for a postoperative patient who is too ill to tolerate a general diet. The soft diet may also be needed for patients who are too weak or whose dentition is too poor to handle all foods on a general diet.

### DESCRIPTION:

Food tolerances vary with individuals. Tender foods (not ground or pureed) are used unless the individual needs additional modifications to the diet. Most raw fruits and vegetables and coarse breads and cereals are eliminated.

### BASIC INFORMATION:

Fried foods and highly seasoned foods may cause discomfort for the immobile or postoperative patient.

### NUTRITIONAL ADEQUACY:

This diet will be adequate if foods from each of the basic food groups are eaten daily.

#### SOFT DIET-

Food Groups	Foods Allowed	Foods to Avoid
Milk / Dairy	Milk and milk drinks, cream cheese, cottage cheese, mild cheeses.	Sharp or highly seasoned cheese.
Meat / Meat Substitute	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.	Fried meats, fish or fowl. Rich gravies and sauces. Lunchmeats, sausages, hot dogs. Meats w/gristle, chunky 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.	Wild rice, cereals such as bran. Seed on breads & crackers. Bread or bread products with nuts or seeds. Others not made with allowed vegetables. Highly seasoned soups.
Fruits /Vegetables	Fruit and vegetable juices, well cooked or canned fruits and vegetables, any dried fruit. One citrus fruit and, one vitamin A source daily. Well ripened, chewable fruits, sweet potatoes. Baked, boiled, mashed, creamed, escaloped or au gratin potatoes.	All gas-forming veggies (corn, radishes Brussels sprouts, onions, cabbage, parsnips, turnips, peppers, pinto beans split peas, dried beans). Fruits with seeds and skin. Potato and corn chips.
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, plain hard candy and molasses.	Rich pastries, any dessert having dates, nuts, raisins or coconut. Fried pastries such as doughnuts. Chocolate.
Beverages	Fruit and vegetable juices, caffeine free carbonated drinks, coffee, tea.	Caffeinated beverages: coffee, tea, colas.
Miscellaneous	Butter, cream, margarine, mayonnaise, oil. Cream sauces, salt and mild spices.	Highly spiced salad dressings. Highly seasoned foods, Tabasco, mustard or horseradish, pepper.

# SOFT DIET

(Sheet 2 of 2)

SAMPLE MENU	
Suggested Meal Plan	Suggested Foods and Beverages
<b>BREAKFAST</b> Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk/Dairy/Beverage	Orange Juice Oatmeal Soft Cooked Egg Toast with Margarine* 2% Milk*/Coffee
<b>DINNER - EVENING OR NOON MEAL</b> Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Dessert Bread - Margarine Beverage	Meat Loaf Mashed Potato Green Beans Lemon Pudding Bread with Margarine* Coffee
<b>SUPPER - EVENING OR NOON MEAL</b> Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Dessert Bread - Margarine Milk	Apricot Nectar, Consommé Chicken Breast Rice, Peas and Carrots Applesauce Bread with Margarine* 2% Milk*

\*To reduce amount of fat in your diet, omit margarine and use 1% or skim milk.

### Nutrient Analysis

Calories	1953 Kcal	Riboflavin	2.0 mg
Protein	102 gm	Thiamin	1.5 mg
Carbohydrate	247 gm	Folate	249 mcg
Fat	65 gm	Calcium	1030 mg
Cholesterol	449 mg	Phosphorus	1782 mg
Dietary Fiber	19 gm	Zinc	12 mg
Vitamin A	2944 IU	Iron	13 mg
Vitamin C	79 mg	Sodium	2994 mg
Niacin	25 mg	Potassium	3046 mg

Adapted from the Arizona Diet Manual (revised 1992)