

S O F T D I E T

PATIENT/FAMILY INFORMATION SHEET

What is a soft diet?

A soft diet is one that is low in fiber, texture and seasoning. It is often prescribed to facilitate chewing and swallowing for individuals with conditions that may make chewing and swallowing difficult. A soft diet may also be prescribed soon after surgery or other procedure to allow the body to slowly adjust to taking a regular diet.

What foods are included on a soft diet?

- Milk and milk products.

- White, refined-wheat or enriched breads, soft rolls, and cooked cereals.

- All fruit juices, cooked or canned fruits, banana, melon, or other soft fruits without seeds.

- All vegetable juices, some cooked vegetables (without seeds), and shredded lettuce as tolerated.

- All lean tender meats, poultry, fish and shellfish.

- Mild flavored cheeses; creamy peanut butter; yogurt.

- Potatoes and pastas.

What foods should I avoid while on a soft diet?

- Coarse cereals, whole grain and toasted breads.

- Rice, barley and whole grains.

- Highly seasoned foods or strong smelling cheeses.

- Raw and fried vegetables, and gas producing vegetables, such as broccoli, cabbage, and onions.

How can I get more information?

It is often difficult to plan a meal by yourself, especially if your diet has recently been changed. If you have questions about your diet, please call to contact a Greenwich Hospital Registered Dietitian or one of the following resources:

Organization	Phone
Greenwich Hospital Food and Nutrition Services	203.863.5211
American Dietetic Association	800.877.1600
Web Resources	
<input type="checkbox"/> American Dietetic Association www.eatright.org	
<input type="checkbox"/> United States Food and Drug Administration: http://www.cfsan.fda.gov/~dms/foodlab.html .	

For more Patient Education Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and click on Patient Services, then Patient Education.