



Soft Diet Suggestions for our Patients with Jaw Pain ©

(Please watch caloric intake to avoid unnecessary weight gain). You may need to speak your family doctor and/or dietician to guide you and if you have food allergies or intolerances (e.g. lactose or gluten)

BREAKFAST Ideas (low fat)

Instant breakfast	Fruit (ripe, soft mashed or stewed)
Soft cereals (oatmeal or cream of wheat)	Applesauce
Eggs (cooked any way)	Cottage Cheese

LUNCH & DINNER Ideas (low fat)

Tuna, egg, crab or ham salad	Chili
Chicken/turkey salad (fine texture)	Stuffing
Cottage cheese, yogurt	Pasta
Soft vegetables	Lasagna
Mashed potatoes	Tofu
Soft bread without crust	Chicken/Turkey cut in small pieces
Scrambled ground beef with sauce, cheese	Rice or Beans
Soup (of any kind)	Macaroni and cheese
Fish (cut in small pieces)	

DESSERT Ideas (low fat)

Ice Cream	Pudding
Jell-O	

AVOID These Foods

Gum	Bagels
Carrots (any crisp vegetables)	Chewy pizza crust and breads
Gummy bears and other chewy candy	Hard fruit
Chewy foods/meats	
Ice Cubes	Crisp salad fixings e.g. croutons
Crisp, crunchy crackers	Raisins and other dried fruit
Nuts, peanuts, corn nuts	Popcorn, crunchy chips, sunflower seeds