

# 50 SOFT FOODS

## TO EAT AFTER EXTRACTIONS & DENTAL IMPLANT SURGERY

### Protein-Rich Foods

- Scrambled eggs
- Greek yogurt (unsweetened)
- Cottage cheese
- Protein shakes (no straws)
- Tofu
- Poached or flaked white fish
- Hummus
- Nut butter (smooth only)
- Baked or refried beans



### Fruits

- Applesauce
- Mashed bananas
- Ripe avocado
- Soft melon cubes
- Canned peaches or pears (unsweetened)
- Smoothies (no seeds or citrus, no straws)



### Vegetables

- Mashed potatoes
- Sweet potatoes
- Steamed carrots (mashed)
- Butternut squash puree
- Peas (mashed)
- Spinach (cooked and soft)



### Grains & Carbs

- Oatmeal (lukewarm)
- Porridge
- Soft pasta (well-cooked)
- White rice
- Polenta or grits
- Soft breads (no crust)
- Pancakes or waffles (softened with syrup)



### Soups & Broths

- Chicken broth
- Bone broth
- Pureed vegetable soups
- Cream of mushroom/chicken soup
- Lentil or split pea soup (blended)



### Treats & Snacks

- Pudding or Jell-O
- Ice cream (no nuts/hard mix-ins) milkshakes (no straw)
- Applesauce cake (soft texture)
- Sorbet
- Custard
- Muffins (without seeds or nuts)



### Foods to Avoid

- Chips
- Pretzels
- Popcorn
- Nuts/seeds
- Raw veggies & salads
- Citrus fruits or juices
- Spicy sauces
- Crunchy breads, bagels
- Sticky candy or chewing gum



### General Tips

- Meal prep before your procedure
- Blend smoothies and freeze them
- Cook and portion soft pastas and soups
- Keep high-protein shakes and applesauce cups on hand
- Ask a loved one to help with meal support



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