

## **SOFT DIET**

A soft diet is one of the steps you will take to reduce stress to your temporomandibular joints and / or muscles of mastication. When following a soft diet, you should not try to take large bites (excessive opening), bite down hard on any food, or take foods which are tough or require a lot of chewing no matter what their consistency.

**A soft diet generally can include any or all of the following foods subject to your preference:**

1. Any liquefied, pureed or prepared baby foods.
2. Eggs – scrambled, fried, poached, soft or hard boiled
3. Cooked cereals – grits, oatmeal, cream of wheat, etc.
4. Custard, puddings
5. Soft pastries such as cake, “soft” cookies, pie or cobbler
6. Cook vegetables and potatoes
7. Pasta – spaghetti, noodles, macaroni, etc.
8. Ground meat, meat loaf, small pieces of chicken, fish
9. Cheese, cottage cheese
10. Soft rolls or bread

**In general, while on a soft diet you should avoid:**

1. Large bites
2. Foods which require prolonged chewing before being swallowed
3. Forceful biting
4. Any food which causes jaw joint pain

**Specifically avoid these foods:**

1. Chewing gum, bubble gum
2. Popcorn
3. Hard or chewy candy (e.g. tootsie rolls, caramels)
4. Steak of any “tough” meat
5. Pizza
6. French bread or other “crusty” bread or rolls
7. Bagels
8. Chips (potato, taco, tortilla, nacho, fritos)
9. Nuts, peanut brittle or other candy containing nuts
10. Ice cubes or ice chips
11. Beef jerky, pepperoni, salami
12. Raw crunch fruits and vegetables (e.g. raw apples, carrots or celery sticks, corn-on-cob, cereals (especially grape nuts or granola)
13. Cold breakfast cereals (especially grape nuts or granola)