

Soft Diet

A gastrointestinal soft diet includes foods that are soft, low in fiber, and easy to digest. These foods may be chopped, bite-sized, ground, mashed, puréed and moist. A soft diet provides foods that are easy to chew and swallow.

If you have any questions, please ask your nurse or physician.

How to prepare soft food

Cut food into small pieces that are 1/2 inch or smaller because they are easier to swallow.

Use chicken broth, beef broth, vegetable broth, gravy or sauces to cook or moisten meats and vegetables. Cook vegetables until they are soft enough to mash with a fork.

Use a food processor to grind or purée foods to make them easier to chew and swallow.

Choose these foods

Food Group	Foods Recommended
Grains	White bread Other breads, muffins, pancakes or waffles moistened with syrup, jelly, margarine or butter Macaroni, pasta, noodles, or rice Plain white crackers (such as no-salt soda crackers) Mashed potatoes, and boiled potatoes without skin Moist cereal, dry cereal with milk or cooked cereal such as cream of wheat and cream of rice
Dairy	Milk Custard Soft cheeses Cottage cheese Yogurt without seeds or nuts Ice cream without seeds or nuts
Fruits	Bananas Applesauce Mild juices, such as apple and grape Cooked fruits without skins or seeds

Choose these foods

Food Group	Foods Recommended
Vegetables	Cooked or mashed vegetables without stems and seeds <ul style="list-style-type: none"> • Carrots • Squash (zucchini, yellow, acorn, butternut or spaghetti squash)
Protein	Eggs, tofu Smooth peanut butter Fish, turkey, chicken or other meat that is not tough or stringy
Other	Gravy Syrup Popsicles Gelatin (Jell-O®) Strained cream soups Chicken, beef or vegetable broths
Beverages	Water, ice Soft drinks, lemonade, limeade Coffee, tea and other hot beverages Nutritional supplements (Ensure®, Boost®)

Soft diet sample menu

Breakfast	Lunch	Dinner	Snack
1/2 cup orange juice 1 cup oatmeal with 1 tsp. sugar 2 slices whole wheat toast with 2 tsp. margarine 1 cup whole milk 1 banana	1 1/2 cups spaghetti with marinara sauce 2 slices Italian bread with 1 tsp. margarine 1 cup applesauce 1/2 cup grape juice	3 ounce chicken breast 1/2 cup grilled zucchini 1/2 cup pasta salad 1 whole wheat roll with 1 tsp. margarine 1/2 cup peach cobbler 1/2 cup whole milk	1 cup yogurt without seeds or nuts