

**SOFT DIET SUGGESTIONS for after SURGERY**  
**(Please pay attention to your diet/food allergies)**

If you can't smash it with a fork do not eat it!

**Eat:**

- Beans
- Eggs (any style)
- Flaky fish (halibut, tilapia, salmon)
- Ground meats (ground turkey, chicken, beef)
- Jell-o
- Mashed potatoes
- Oatmeal
- Pancakes
- Pasta
- Protein drinks
- Pudding
- Rice
- Smoothies
- Soup
- Yogurt

**Do not eat:**

- Bagels
- Caramel
- Chewing gum
- Chips
- Cookies
- Crusty breads
- English muffins
- Jerky
- Meat/poultry with bones
- Nuts
- Pizza
- Popcorn
- Raw vegetables
- Salad
- Sandwiches
- Steak/tri-tip