

## Post Oral Surgery Diet Ideas

**(Good rule to follow: You can eat most anything you can cut with a plastic fork)**

**Please avoid hard foods (crackers, chips, french breads, etc.), foods with seeds (berries, popcorn, etc.), spicy foods and temperature hot foods/drinks.**

Applesauce	Frozen Ice Cream/Yogurt
Fruit Smoothies -no seeds	Ground Meats (turkey/beef/chicken/pork)
Guacamole	Mashed Potatoes w/Gravy
Baked Apples/Pears	Jell-O
Casseroles-soft baked	Scrambled Eggs
Avocado	Sandwich Meats
Baby Food	Rice
Baked Beans – mashed if necessary	Risotto
Black Beans – mashed if necessary	Refried Beans
Ground Sausage	Ramen Noodles/Cup of Noodles
Bananas-mashed if necessary	Protein Powders
Biscuits – flakey, soft or soaked to become soft	Pot Roast and Veggies-cooked really soft
Broccoli-steamed soft	Polenta
Broths-warm, not hot	Pancakes
Butternut Squash-cooked soft	Humus
Carnation Instant Breakfast Drinks	Sweet Potatoes-cooked soft
Carrots-steamed soft	Tuna/Chicken Salad
Cheeses	Yogurts
Soups-warm, not hot	Meatballs
Cream of Wheat-warm, not hot	Meat Loaf
Oatmeal-warm, not hot	Cottage Cheese
Pasta/Noodles	Fish
Egg Salad	Sloppy Joes
Hamburger/Hot Dog Bun	