



TIMBERLINE ORAL SURGERY

& DENTAL IMPLANTS

Soft Foods List

Breakfast Ideas:

- Milk
- Fruit Juices
- Cream of Wheat
- Grits
- Scrambled Eggs
- Oatmeal
- Ensure/Boost Drinks
- Carnation Instant Breakfast

Pastas:

- Any type, with or without sauce
- Egg Noodle
- Fettuccine
- Macaroni, with or without cheese
- Spaghetti

Cheese:

- Soft Cream Cheese
- Pimento Cheese
- Cottage Cheese
- American Cheese
- Cheese Spread
- Processed Cheese

Other Meal Ideas (Cooked Well):

- Avocado
- Potato (white or sweet)
- Carrots
- Peas
- Squash
- Turnips

Snack Ideas:

- Applesauce
- Canned Fruits
- Cheesecake
- Cream Pies & Custards
- Ice Cream, Malts, Milk Shake
- Jello
- Mousse, Pudding
- Yogurt

Fresh Fruits:

- Bananas
- Papayas
- Mangos
- Melons (very ripe)
- Blueberries

Meats & Fish:

- Deviled Ham
- Salmon
- Tuna
- Chicken
- Vienna Sausage
- Egg Salad
- Any Flaky Fish
- Meat Loaf
- Crab

