

SOFT DIET

Foods may be naturally soft or may be cooked or cut to make sure they are soft enough. These foods can be chewed easily and require no mashing, mincing or blending. Hard, dry or crumbly foods should be avoided.

✓ Foods recommended	✗ Foods to be avoided
Bread, cereals, rice, pasta, noodles	
<ul style="list-style-type: none"> • Soft sandwiches with very moist fillings e.g. egg and mayonnaise, hummus • Breakfast cereals well moistened • Soft pasta and noodles • Rice (well cooked, sticky) • Soft pastry, e.g. quiche with a pastry base • Cous Cous 	<ul style="list-style-type: none"> • Dry or crusty breads (remove crusts), breads with hard seeds or grains, hard pastry, pizza • Sandwiches that are not thoroughly moist e.g. sandwiches with thick cuts of cold meat, salad • Coarse or hard breakfast cereals that do not moisten easily e.g. toasted muesli, bran cereals • Cereals with nuts, seeds and dried fruit • Filo and puff pastry e.g. sausage rolls
Vegetables	
<ul style="list-style-type: none"> • Well cooked vegetables served in small pieces and soft enough to be mashed or broken up with a fork • Soft, canned or frozen cooked vegetables 	<ul style="list-style-type: none"> • All raw vegetables (including chopped and shredded) • Hard to chew or stringy vegetables e.g. sweet corn, broccoli stalks, asparagus, puha/watercress
Fruit	
<ul style="list-style-type: none"> • Fresh fruit pieces that are naturally soft e.g. banana, well-ripened pawpaw, ripe melon • Stewed and canned fruits in small pieces e.g. pears, peaches, apricots • Pureed fruit 	<ul style="list-style-type: none"> • Fruit pieces that pose a choking risk, e.g. whole grapes, cherries (remove stones, pips and seeds) • Large pips • Dried fruit, seeds and fruit peel • Crunchy raw fruit e.g. apple • Stringy or fibrous fruits, e.g. pineapple, citrus fruit
Dairy	
<ul style="list-style-type: none"> • Yoghurt (may contain soft fruit) • Soft cheeses e.g. Camembert, Ricotta, cheese spread 	<ul style="list-style-type: none"> • Yoghurt with seeds, nuts, muesli or hard pieces of fruit • Hard cheeses e.g. cheddar

✓ Foods recommended	✗ Foods to be avoided
Meat, fish, poultry, eggs, nuts, legumes	
<ul style="list-style-type: none"> • Casseroles with small pieces of tender meat • Moist fish (easily broken up with the edge of a fork) e.g. Kina, crayfish, oysters • Eggs • Well cooked legumes (the outer skin must be soft), e.g. baked beans, kidney beans, lentils • Small pieces of soft tofu 	<ul style="list-style-type: none"> • Dry, tough, chewy, or crispy meats e.g. bacon, crackling • Meat with gristle • Hard or chewy legumes e.g. lentils, beans, pulses • Nuts and seeds
Desserts	
<ul style="list-style-type: none"> • Soft puddings e.g. milk or sponge based, trifle, custard, mousse, bread and butter pudding • Moist cakes (extra moisture, e.g. custard may be required) • Soft fruit-based desserts without hard bases • Creamed rice • Ice cream (avoid if on thickened fluids) • Jelly (avoid if on thickened fluids) 	<ul style="list-style-type: none"> • Dry cakes and pastry • Cakes, pastry or desserts containing nuts, seeds, coconut, dried fruit, pineapple e.g. apple crumble, fruit cake
Extras	
<ul style="list-style-type: none"> • Soup – creamy, thick or blended (may contain small soft lumps, e.g. pasta) • Soft fruit jellies or non-chewy lollies • Soft, smooth, chocolate • Jams and condiments without seeds or dried fruit • Salsa, sauces and dips with small soft lumps e.g. hummus, guacamole 	<ul style="list-style-type: none"> • Soups with large pieces of meats or vegetables, corn, or rice • Sticky or chewy foods e.g. toffee • Popcorn, chips, biscuits, crackers, nuts, edible seeds • Pizza • Whole fresh or dried herbs e.g. rosemary, basil