

Soft Meal Ideas

NUTRITION TIPS FOR WHEN IT'S DIFFICULT TO CHEW OR SWALLOW

Soft Food

Why?

Certain treatments or surgeries can make chewing or swallowing difficult.

Keep in Mind

It's important to consume high-protein, nutrient-dense foods that are soft, moist & easier to digest.

Tips & Tricks

Breakfast

Pancakes: topped with butter + applesauce or pureed warmed mixed fruit with yogurt

Cottage cheese: mixed + soft canned fruit

Poached eggs or **eggs fried** (over easy in olive/canola oil).

Bread pudding

Smoothies: fresh or frozen fruits

Scrambled eggs or an **omelet with cheese** (not too dry)



Dinner

Tuna or chicken noodle casserole

Squash soup

Glazed salmon

Crab cakes

Beef stew made with lean meat (loin, round or flank cuts)

Black beans: sauteed in olive oil + garlic + onions



Lunch

Soups & stews (can be thinned in a blender)

Canned tuna, chicken, turkey, or egg salad + reduced fat mayonnaise

Beans (lentils, kidney, etc.) sauteed in olive oil + seasoned (salt, pepper, garlic, spice as tolerated)

Mashed or sweet potato: made with 1% milk + butter + blend with grated cheese

Quiche, egg frittata or **omelet**



Snacks

Sardines

Guacamole

Peanut butter

Yogurt

Cottage cheese + fruit

Hard boiled egg

Hummus or **bean dip**



ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS