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 warm 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