We have recommended a soft foods diet. This diet is helpful if you have:

- Difficulty chewing (for example, if you wear dentures, you are missing some teeth)
- Difficulty swallowing
- A sore mouth - painful when eating.

What are soft foods?
Soft foods are foods that are tender and moist naturally or after cooking. They can also be minced, chopped or mashed into pieces.

There should not be any tough skins. No nuts or dry, crispy, raw or stringy foods.

You need to add sauces, gravies, juices, water, butter or margarine to soften foods to make them easier to swallow.

How can I make sure I am drinking enough liquids?

- Look at the colour of your urine. If it is dark yellow, it may mean you are not getting enough liquids.
- Other signs that you are not getting enough liquids include dry mouth, dry eyes and dry skin.

How can I maintain good bowel function?

- Make sure you drink enough liquids.
- Choose foods with fibre. Include soft vegetables or fruits and whole grains (without seeds and chunky pieces).
- Try prune juice or soft prunes.
- Your doctor may prescribe a laxative if you need one - never use mineral oil for constipation. Speak to your pharmacist for over-the-counter products.

What general guidelines should I follow?

- Follow Canada's Food Guide to plan meals.
- Sit upright for meals. Do not lie down for at least 15 to 30 minutes after each meal or snack.
- Remove any distractions at meal times.
- Take small mouthfuls of soft foods. Half to one teaspoonful at a time (use small spoons).
- Make sure you swallow the food inside your mouth before taking your next bite.
- Do not wash down food with liquids. This may cause you to choke.
- Before and after each meal, clean your mouth well using non-alcohol based mouthwash and swab to prevent infection.
- Keep your mouth and lips moist - never use mineral oil or petroleum jelly inside the mouth.
<table>
<thead>
<tr>
<th>Foods you CAN eat</th>
<th>Foods you CANNOT eat</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Foods allowed/recommended)</td>
<td>(Foods not allowed/not recommended)</td>
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</table>

### Grain Products:
- Hot cereal (Cream of Wheat®, Cream of Rice®, cornmeal, polenta)
- Cold cereals softened with milk (such as Rice Krispies®, Bran Flakes®, Shreddies®)
- Minced bread products, soft bread products with crust removed (softened with milk or soup) (such as pancakes, French toast)
- Graham crackers, if tolerated
- Waffles, cookies without nuts.
- Crusty, crisp bread, crisp roti or tortillas, pita
- Crackers with seeds, croutons, dry, crumbly cookies
- Granola, cold dry cereal with nuts, dried fruit, or coconut (such as Grape Nuts®)
- Pies
- Dry loose rice without sauce.

### Fruits and Vegetables:
- Soft fruit without skins or seeds
- Fruit/vegetable juices
- Soft, chopped, grated or mashed vegetables moistened with sauce (such as coleslaw)
- Canned or commercial baby fruits and vegetables in jars
- Mashed (instant or cooked) or chopped, boiled potatoes
- Applesauce.
- Crisp fruit, fresh fruit with peel, seeds or pits
- Small fruits (berries, raisins or grapes)
- Raw, crisp, stringy fruits and vegetables (such as pineapple or celery)
- Vegetables that do not mince or soften well (such as corn and peas)
- Dried fruits.

### Milk Products:
- Milk or soy beverages
- Minced or soft fruit yogurt
- Smooth custard or pudding
- Soft minced cheeses such as ricotta, soft grated or shredded goats milk cheese, cottage cheese or soft processed
- Ice cream or frozen yogurt with no pieces (nuts, chocolate chips, fruits).
- Hard or crumbly cheese.
<table>
<thead>
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<tbody>
<tr>
<td><strong>Meat and Alternatives:</strong></td>
<td><strong>(Foods allowed/recommended)</strong></td>
</tr>
<tr>
<td>• Soft meats</td>
<td>• Tough meats: poultry and fish, which are not soft or minced</td>
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<tr>
<td>• Casseroles or shepherd’s pie</td>
<td>• Nuts and seeds</td>
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<td>• De-boned fish</td>
<td>• Peanut butter or other nut butters unless mixed with other foods</td>
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<tr>
<td>• Mashed legumes</td>
<td>• Chunky peanut butter.</td>
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<td>• Soft, cooked poached or scrambled eggs</td>
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<tr>
<td>• Smooth peanut butter heated or mixed with margarine or honey</td>
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<tr>
<td>• Soft sandwiches such as egg salad and tuna salad sandwiches.</td>
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<tr>
<td><strong>Other Foods:</strong></td>
<td><strong>(Foods not allowed/not recommended)</strong></td>
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<tr>
<td>• Honey, sugar or syrup added in moderation</td>
<td>• Desserts with hard, crumbly crusts</td>
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<tr>
<td>• Well-ground spices, flavourings (not chunky)</td>
<td>• Coconut pieces</td>
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<tr>
<td>• Nutritional supplements</td>
<td>• Chips, pretzels, popcorn</td>
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<tr>
<td>• Soups must be soft and smooth</td>
<td>• Candy, gum or sticky, gummy foods</td>
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<tr>
<td>• Gravy, ketchup, mustard, mayonnaise, sour cream, butter, margarine.</td>
<td>• Chunky spices such as coarsely ground pepper.</td>
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</tbody>
</table>

### Soft Foods Diet Menu Sample

<table>
<thead>
<tr>
<th><strong>Breakfast</strong></th>
<th>Orange juice, milk, coffee or tea</th>
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<tbody>
<tr>
<td></td>
<td>Cream of Wheat® made with milk or soy milk</td>
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<td></td>
<td>Scrambled eggs</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Soft mashed potatoes</td>
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<tr>
<td></td>
<td>Minced chicken and gravy</td>
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<td></td>
<td>Soft, chopped carrots, moistened with sauce</td>
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<td></td>
<td>Softened fruit yogurt</td>
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<td></td>
<td>Water or tea</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Minced meat and softened chopped vegetables in shepherd’s pie OR Soft-cooked string beans with pasta and meat sauce</td>
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<td></td>
<td>Diced canned peaches, drained</td>
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<td></td>
<td>Pudding</td>
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<td></td>
<td>Tea</td>
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</tbody>
</table>
Soft Foods Diet Menu Sample

Snack ideas
• Milk or soymilk
• Softened peaches or other seedless fruits
• Smoothie with dessert tofu, soy milk and seedless fruit
• Soft fruit yogurt
• Nutritional supplements.
• Pudding.

Where can I find more information?

St. Clair West Services for Seniors
Meals on Wheels
2562 Eglinton Ave. W., Ste. 202, Toronto, Ont. M6M 1T4
Tel: (416) 787-2114
Email: info@servicesforseniors.ca

Lumacare (formerly Downsview Services to Seniors)
Meals on Wheels: Ready, prepared meals
497 Wilson Ave., North York, Ont. M3H 1V1
Tel: (416) 398-5511
Email: info@lumacare.ca

Circle of Care
Meals on Wheels: (kosher meals)
530 Wilson Ave., 4th Flr., Toronto, Ont. M3H 5Y9
Tel: (416) 635-2860
Email: info@circleofcare.com

You are on a Special Diet.
If your family or friends are planning to provide you with food from home while you are in the hospital, please make sure they check with a member of the health care team first. See below for contact information.

Whom can I contact?
Registered Dietitian:
__________________________________________________
Speech-Language Pathologist:
__________________________________________________
Other Suggestions:
__________________________________________________
__________________________________________________
__________________________________________________

MY NOTES:

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