

# 50 Soft Foods To Eat After a Tooth Extraction

Here are 50 tasty and easy-to-eat foods to satisfy your cravings without causing any discomfort to your teeth.

1. Mashed potatoes
2. Mashed avocado
3. Scrambled eggs or poached eggs
4. Applesauce
5. Smoothies with protein powder
6. Greek yogurt
7. Oatmeal
8. Cottage cheese
9. Banana
10. Soft cheese
11. Pudding
12. Broth-based soups
13. Polenta
14. Rice porridge
15. Steamed spinach
16. Soft tofu
17. Baked sweet potato
18. Creamy peanut butter
19. Macaroni and cheese
20. Custard
21. Soft cooked vegetables
22. Soft melon pieces
23. Mousse
24. Soft flaked fish
25. Rice pudding
26. Baked apples
27. Refried beans
28. Risotto
29. Frittata
30. Pureed fruits
31. Butternut squash soup
32. Ice cream or frozen yogurt
33. Hummus
34. Pancakes
35. Cheesecake filling
36. Canned fruit in syrup
37. Milkshakes
38. Egg salad
39. Jell-O
40. Deli meat
41. Noodle soup
42. Ground chicken or beef
43. Non-acidic juice
44. Cottage cheese
45. Soft bread
46. Pureed pumpkin
47. Soft noodles
48. Mashed pumpkin
49. Baby foods
50. Cream of wheat

Incorporate soft, nutritious foods after a tooth extraction to ensure you get the essential vitamins, minerals, and other nutrients needed for a speedy and healthy recovery.

## Do's and Don'ts

To ensure proper healing and to avoid any complications, it's essential to follow these do's and don'ts when eating after a tooth extraction:

## Do

- Opt for foods that require minimal chewing and can be easily swallowed.
- Keep your meals balanced with fruits, vegetables, proteins, and grains that are soft.
- Stay hydrated with plenty of water.
- Eat slowly and chew carefully to avoid irritating the extraction site.
- Take any prescribed pain medication before meals, if needed.

## Don't

- Avoid using a straw, as suction can dislodge blood clots and delay healing.
- Avoid hot, acidic, or spicy foods that irritate the extraction site.
- Do not consume alcohol or smoke cigarettes, as they can delay healing.
- Do not eat hard, sticky, or crunchy foods that can damage the extraction site or cause discomfort.