

# 50 Soft Foods to Eat After Oral Surgery

For patients recovering from alveoloplasty or any oral surgery, maintaining proper nutrition is essential. Below is a comprehensive list of 50 soft foods that are easy to eat and gentle on healing tissues:

## Dairy

1. Yogurt (without fruit chunks)
2. Cottage cheese
3. Pudding
4. Ice cream (without nuts or hard mix-ins)
5. Soft cheese (e.g., cream cheese)
6. Milkshakes (no straws)

## Fruits

7. Applesauce
8. Mashed bananas
9. Smoothies (without seeds or chunks)
10. Canned peaches (mashed)
11. Pear puree
12. Avocado

## Vegetables

13. Mashed potatoes
14. Sweet potato puree
15. Steamed and mashed carrots
16. Creamed spinach
17. Butternut squash puree
18. Pea puree

## Grains

19. Oatmeal
20. Cream of wheat
21. Polenta
22. Rice pudding
23. Soft noodles (e.g., macaroni and cheese)
24. Pancakes (softened with syrup)

## Proteins

- 25. Scrambled eggs
- 26. Poached eggs
- 27. Soft tofu
- 28. Mashed beans (e.g., refried beans)
- 29. Hummus
- 30. Soft fish (e.g., salmon)

### **Soups and Broths**

- 31. Chicken broth
- 32. Vegetable broth
- 33. Cream-based soups (e.g., cream of chicken)
- 34. Tomato soup
- 35. Lentil soup (pureed)
- 36. Split pea soup

### **Snacks and Sweets**

- 37. Jello
- 38. Custard
- 39. Soft muffins (without seeds or nuts)
- 40. Marshmallows
- 41. Cheesecake (soft filling only)
- 42. Soft cookies (soaked in milk)

### **Miscellaneous**

- 43. Mashed risotto
- 44. Grits
- 45. Soft dumplings
- 46. Pureed meat
- 47. Soufflé
- 48. Rice noodles
- 49. Protein shakes (no straws)
- 50. Baby food