

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