

# SOFT DIET

## Post-operative diet instructions for Tonsillectomy and Adenoidectomy

This diet includes foods that are soft and easy to chew and swallow.  
Continue to eat a soft diet for 2 weeks after surgery.

### **Tips:**

- Foods should be moist
- Bite-sized pieces are easier to chew and swallow
- Cook meat using moist heat, such as braising, stewing or baking in a liquid
- Vegetables should be cooked until soft enough to mash with a fork
- Serve soup with small pieces of meat and vegetables or cream soup
- Shakes and supplements can be soothing and offer excellent nutrition
- AVOID foods that may scratch the throat like popcorn or potato chips
- AVOID spicy foods

	<b>FOODS TO TRY</b>	<b>FOODS TO AVOID</b>
<b>GRAINS</b>	Cooked cereal; waffles, pancakes, muffins, breads, and biscuits moistened with butter, jam or syrup; rice, pasta	Dry bread, toast and crackers; High fiber cereals; crunchy cookies or dry cakes
<b>VEGETABLES</b>	All cooked tender vegetables; canned vegetables; mashed potatoes; shredded lettuce	All raw vegetables except shredded lettuce; cooked corn; fried potato/potato skins
<b>FRUITS</b>	All canned and cooked fruit; soft peeled fruits such as peaches, nectarines, melons; strawberries, blueberries, raspberries	Apples, grapes, mango, papaya, pear pineapple; dried fruits such as apricots, coconut, prunes and raisins; fruit leather, fruit roll-ups and fruit snacks
<b>MILK</b>	Milk; yogurt, ice cream, frozen yogurt, sherbet, custard, pudding; soft cheese, cottage cheese, cream cheese	none
<b>MEAT/PROTEIN</b>	Ground meat (beef, chicken, turkey, pork); chicken or tender meat with gravy; fish including canned tuna; eggs, casserole with small chunks of meat; smooth peanut butter; beans	Nuts and seeds; tough cuts of meat; jerky; fish with bones; chunky peanut butter
<b>FATS</b>	Butter/margarine, oil, cream cheese,	none
<b>BEVERAGES</b>	Water, milk, juice, milkshakes	Carbonated beverages; red beverages

### Sample Meal Plan

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
½ cup oatmeal Handful blueberries 1 scrambled egg ½ cup apple juice	1 cup beef stew 1 slice bread with butter ½ cup fruit cocktail 1 cup milk	1 cup chicken & rice casserole ½ cup green beans 1 biscuit with butter 1 slice apple pie a la mode	½ cup cottage cheese 4 slices peaches ½ cup yogurt 4 strawberries

Questions? Contact Martha Turner, Registered Dietitian (720) 475-8755