



## Soft Foods List

### Breakfast Ideas:

Milk  
Fruit Juices  
Cream of Wheat  
Grits  
Scrambled Eggs  
Oatmeal  
Ensure/Boost Drinks  
Carnation Instant Breakfast Drink

### Fresh Fruits:

Bananas  
Papayas  
Mangos  
Melons (very ripe)  
Blueberries

### Meats and Fish:

Deviled Ham  
Salmon  
Tuna  
Chicken  
Vienna Sausage  
Egg Salad  
Any flaky fish  
Meat Loaf  
Crab

### Pastas:

Any Type, with or without sauce  
Egg Noodle  
Fettuccine  
Macaroni, with or without cheese  
Spaghetti

### Snack Ideas:

Applesauce  
Canned fruits  
Cheesecake  
Cream Pies and Custards  
Ice Cream, Malts, Milk Shake  
Jello  
Mousse, Puddings  
Yogurt

### Other Meal Ideas: (Very well cooked)

Avocado  
Potato (white or sweet)  
Carrots  
Peas  
Squash  
Turnips

### Cheese:

Soft Cream Cheese  
Pimento Cheese  
Cottage Cheese  
American Cheese  
Cheese Spread, Processed Cheese