



Center 4 Smiles

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Soft Diet Suggestions-

Pasta (**Nothing Crunchy, Crispy or Seeded**)

Cream of Wheat or Oatmeal (**No Nuts**)

Mashed Potatoes or Baked Potatoes (ok with butter/sour cream)

Cut Up Bananas, Mashed Avocados, Applesauce (**No Fruits with Seeds**)

Steamed Vegetables

Broth or Creamed Soup

Mashed Yams, Sweet Potatoes, Butternut Squash

Cottage Cheese

Creamy Peanut Butter (**No Nuts**)

Eggs any style

Omelets (**Nothing Crunchy, Crispy or Seeded**)

Jell-O, Pudding, Ice Cream or Yogurt (**Smooth**)

Milk Shakes, Slim Fast or other Nutritional Drink (Ok to blend with fruit, **No Berries with seeds**)

Baked or Broiled Fish

Soft Chicken or Ground Beef

Basically: Nothing Crunchy, Crispy or Seedy, No Steaks, Porkchops or Pizza.