

SOFT FOODS DIET – STAGE II

WEEKS 3 & 4

Foods during this phase should be moist and can be blenderized to assist with tolerance. Foods should be a mashed potato consistency.

Do Not Advance Your Diet Without Approval From Your Provider – *If your appointment is delayed beyond your scheduled date to begin soft foods, you may advance if you are tolerating liquids without difficulty. To advance, you should not be experiencing any nausea, vomiting, or pain with fluid intake.*

Foods Allowed

- Eggs, Egg Beaters – may be hard boiled, scrambled, fried flat in cooking spray
- Seafood—broiled, baked, grilled – start with moist flaky fish first
- Crab Meat and Canned Tuna in water
- Moist pureed chicken and moist pureed meats
- Soft Tofu
- Soft low fat cheeses (cottage cheese, string cheeses, American)
- Greek Yogurts
- Very soft, well cooked, mushy, vegetables and legumes

Suggested Menu for Weeks 3 & 4

¼ cup volume each meal

Breakfast

1-1.5 ounces of protein food (ie scrambled egg or string cheese)

Lunch

1-1.5 ounces meat group (tuna or tuna salad)

Snack (as needed)

2-4 ounces Greek Yogurt OR 2-4 ounces low fat cottage cheese OR a low fat string cheese

Dinner

1-1.5 ounces meat group (salmon, crab, tilapia)

1 tsp vegetables (stewed squash, soft green beans, mashed carrots)

Between Meals – Continue to drink the acceptable clear liquid beverages to attain 48-64 oz fluid daily

PLEASE NOTE – It is common during the initial weeks of solid food advancement for 1-1.5 ounces of food to be very filling and require 15-20 minutes to consume.