



Digestive Soft Diet

What foods does the digestive soft diet include?

The soft diet includes foods that are tender, moderately low in fiber and spices and should not include deep fried foods.

Food Category	Foods to Include	Foods to Avoid
Vegetables	Vegetable juice, well-cooked potato & sweet potato, carrot, squash, turnip, parsnip, rutabaga	Corn, peas, raw & fried vegetables, vegetables with seeds, dried legumes (beans and lentils), brussel sprouts, gas producing vegetables (e.g. broccoli, cauliflower, cabbage, onions)
Fruit	Fruit juice, canned fruit, bananas, ripe peeled fruit (e.g. peaches, pears, plums, apricots), avocados, citrus fruit with membranes removed, seedless melon	Dried fruit, seedy fruit (e.g. berries, kiwis), fruit skin, fibrous fruit (e.g. pineapple, rhubarb)
Grain Products	White, whole grain or rye bread/buns/bagels/tortillas, rice, noodles, soda crackers, plain biscuits, hot cereal (e.g. oatmeal, cream of wheat), cold cereal (corn flakes, cherrios, krispies),	Bran (muffins, breads or cereals), Multi-grain breads (with nuts, seeds, or dried fruit), potato or corn chips, wild rice
Milk and Alternatives	Milk or soy beverage, cottage cheese, mild brick cheese, cream cheese, yogurt (With allowed ingredients)	Sharp or highly seasoned cheeses, yogurt with nuts, dried fruit or seedy fruit
Meat and Alternatives	All tender lean fish, poultry, beef or pork, eggs, tofu, smooth nut butter, hummus,	Nuts and seeds, fried meat, poultry, fish or eggs, processed meats, fatty meats, chunky nut butters
Beverages	Coffee, tea, fruit and vegetable juices, milk or soy beverage, water	Citrus juices if you have problems with heartburn
Desserts	Custard, pudding, plain ice cream, plain biscuits and cookies, gelatin, angel food cake, peach pie, plain hard candy, plain chocolate, marshmallows	Any desserts containing nuts, dried fruit or coconut, fried or high fat pastries and donuts
Miscellaneous	Mild herbs and spices, salt seedless jellies, margarine, oil, mayonnaise.	Highly seasoned foods (e.g. tobacco sauce, chili, red pepper flakes, hot peppers, etc.)



**Lakeridge
Health**

Sample Menu

Breakfast

Oatmeal
1 % milk on cereal
Small banana
Peach yogurt
Cranberry juice

Lunch

Egg salad sandwich on rye bread
Tomato soup
Applesauce
1 % milk

Dinner

Baked chicken
Mashed potatoes
Carrots (well-cooked)
Diced canned peaches
1 % milk

Night time snack

Mild cheddar cheese
Soda crackers

Last reviewed: September 2022