

## Food Choices Following Surgical Therapy

Proper care after your therapy will help your mouth heal quickly. Your temporary soft food diet may seem challenging at first, but with a little planning it doesn't have to be boring. Luckily, it can be much more than just soup and ice cream! Variety will help insure your diet has all the nutrients you need to heal.

Drink approximately 8 cups of fluid per day. Start drinking nutritious fluids such as juices, milk and milkshakes as soon as you are able. **Avoid using a straw, drink normally out of a glass or cup.** Avoid hot liquids like coffee and tea—let them cool first before drinking. Hot fluids increase the flow of blood and your wound can start to bleed again.

A general rule of thumb for the first two weeks post-surgery is to avoid any foods that take “more than three chews” to swallow. Food options include:

### ***Fruits and Vegetables:***

- Applesauce
- Canned fruit
- Fruit smoothies (Avoid fruits with small seeds such as raspberries and blackberries)
- Vegetable soups (containing low levels of sodium) – well cooked or pureed
- Sweet or regular mashed potatoes, turnips or yams
- Broccoli cooked until soft, added melted cheese for a variety

### ***Grain Products:***

Choose grain products low in fat, sugar and/or salt.

- Porridge, oatmeal or cream of wheat (cooled)
- Pasta dishes made with small shapes or noodles and plenty of sauce.
- Soft bread without crusts

### ***Milk and Alternatives:***

- Skim 1 or 2 percent milk
- Soy, rice or coconut milk
- Milkshakes
- Puddings
- Yogurt
- Soft cheeses such as cottage cheese

### ***Meats and Alternatives:***

- Tuna, salmon and other flaky fish (served without a crunchy or breaded coating)
- Well cooked, bite sized poultry (chicken, turkey)
- Omelettes, scrambled eggs – with or without cheese
- Baked beans, tofu or lentils
- Meal replacements (such as Ensure, Boost, Carnation Instant Breakfast)