



HOWARD COUNTY

Oral & Maxillofacial Surgery

Dr. Paul A. German & Dr. Jean-Luc Niel

[www.howardcountyoralsurgery.com](http://www.howardcountyoralsurgery.com)

410-997-5826

# Soft Foods for After Oral Surgery

- Yogurt (mix into smoothies with fruit for added calories)
- Ice Cream (malts, shakes, mix with meal replacements like Ensure or Boost)
- Smoothies (mix yogurt and fruit in a blender, add peanut butter for extra protein)
- Slushes (frozen fruit, pineapple juice, orange juice, cranberry juice, ice cubes, blend until thick and frosty)
- Cottage Cheese, Pudding, Applesauce
- Baked, Black or any other type of cooked beans
- Scrambled Eggs (add cheese if you like)
- Hot Cereal (oatmeal, cream of wheat, grits)
- Soups (bean, split pea, chicken noodle, tomato, etc.)
- Rice (add beans for protein)
- Fish
- Pasta (small noodles, mix with tuna or salmon and mayonnaise)
- Finely Ground Meat Mixtures (beef, turkey or chicken finely ground and mixed with potatoes, rice or pasta and soft cooked vegetables)
- Mashed or Baked Potatoes
- Soft Cooked or Steamed Vegetables
- Pancakes (cut into small bites)
- Refried Beans
- Macaroni and Cheese
- Egg, Chicken or Tuna Salad (finely chopped)
- Mashed Fruit (bananas or any other soft or cooked fruit)



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- Baked Apples (slice and top with butter and brown sugar and bake until tender)
- Butternut Squash or other Squash (top with brown sugar and butter)
- Baby Food
- Fruit and Vegetable juices such as V8 and V8 Splash