

Notes:

- Definition of Soft: fork-tender, able to be cut with the side of a fork; cooked tender and moist; easy to chew. Food items that are not fork-tender are minced or removed.
- Jell-O®, ice cream or sherbet is allowed for thin fluids, but NOT thickened fluids.
- *Needs SLP individual review due to sticky or crumbly food properties.

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> • Tender cooked vegetables • Raw tomato, raw cucumber without the peel, raw mushrooms • Creamed corn • Minced kernel corn (minced with a Blixer) • Potatoes without skin or with skin if boiled or steamed; soft French fries, hash browns • Sour cabbage (sauerkraut, cabbage rolls), steamed cabbage 	<ul style="list-style-type: none"> • Raw vegetables (except raw tomato, cucumber without peel, mushrooms) • Kernel corn • Non-tender cooked vegetables • Vegetables with strings or tough skins • Baked potato with skin; deep fried potatoes, roasted potatoes; • Any with nuts, seeds
Fruit	<ul style="list-style-type: none"> • Canned fruit (except pineapple tidbits or sliced pineapple) • Minced, canned apricots • Fresh, soft-ripened fruit • Crushed Pineapple • Avocado • Stewed dried fruit • Stewed fruit (ex. Rhubarb, apples without skin) • Frozen fruit • Grapes • Oranges and grapefruit with membranes removed • Finely grated fresh fruit • Fruit salad made with allowed ingredients 	<ul style="list-style-type: none"> • Fruit with stringy or tough skins • Canned sliced pineapple or pineapple tidbits • Dried fruits • Hard raw fruit (e.g. pineapple, apples) • Hard unripened fruit (e.g. melon) • Oranges and grapefruit with membranes
Salads	<ul style="list-style-type: none"> • Cooked carrot salad • Pickled beets • Creamy cucumber salad (no onions) • Pasta salad with allowed ingredients • Jell-O® salads made with allowed ingredients • Bean salad made with allowed ingredients • Potato salad made with allowed ingredients • Other marinated vegetable salads 	<ul style="list-style-type: none"> • Raw vegetable salad • Coleslaw • Tossed salad • Caesar salad • Spinach salad

Item	Foods Allowed	Foods Not Allowed
Grain Products	<ul style="list-style-type: none"> ● Moist & soft breads, buns, rolls, muffins, waffles, pancakes, cinnamon buns, raisin bread ● Lightly toasted bread ● Soft, moist pasta ● Soft, moist rice* ● Moist stuffing ● Hot cereals ● Cold cereals in milk ● Crackers moistened in soup 	<ul style="list-style-type: none"> ● Chewy/dense foods (bagel) ● Crunchy foods (e.g. melba toast, baguettes) ● Dry cereal without milk ● Hard, dry baked goods (ex. granola bars, cookies, toasted gluten free breads) ● Baked goods and cereals containing nuts, seeds, coconut ● Dry crackers
Milk & Alternatives	<ul style="list-style-type: none"> ● All milk products and cheese 	<ul style="list-style-type: none"> ● Yogurt with nuts or granola
Meat & Alternatives	<ul style="list-style-type: none"> ● Soft cooked eggs*; poached egg; scrambled eggs; omelets or quiche made with allowed ingredients ● Minced tuna/egg/salmon/ham/chicken salad sandwich filling with finely chopped onion or celery ● Soft, fork tender, moist meat, fish, or poultry without skin ● Soft-cooked sausage* ● Breaded meats moistened with gravy or sauce ● Smooth peanut butter* ● Tofu ● Well-cooked legumes (ex. split peas, lentils, navy beans) ● Canned legumes 	<ul style="list-style-type: none"> ● Plain hard-boiled egg, fried egg ● Dry, tough meat, fish or poultry (ex. bacon, jerky) ● Deep fried crispy meats ● Chunky peanut butter ● Nuts and seeds
Soups	<ul style="list-style-type: none"> ● Well-cooked soups made with allowed ingredients 	<ul style="list-style-type: none"> ● Soups made with ingredients not allowed
Oils & Fats	<ul style="list-style-type: none"> ● All ● Strained or smooth gravy 	<ul style="list-style-type: none"> ● Salad dressing or butter made with ingredients not allowed
Desserts & Sweets	<ul style="list-style-type: none"> ● Soft desserts ● Jell-O®, ice cream, popsicles, sherbet ● Soft cakes and cookies (ex. arrowroot biscuits, digestive cookies) ● Puddings and mousse 	<ul style="list-style-type: none"> ● Hard marshmallows ● Caramels and hard candies ● Dry, coarse cakes and cookies
Fluids	<ul style="list-style-type: none"> ● All fluids (if tolerated within liquid consistency) 	<ul style="list-style-type: none"> ● None
Miscellaneous	<ul style="list-style-type: none"> ● Sandwiches with moist salad type fillings (finely chopped onion, celery), cheese ● Bread and Butter pickles ● Cooked pearl onions ● Beet pickles 	<ul style="list-style-type: none"> ● Potato chips ● Popcorn ● Coconut ● Dill pickles ● Bean pickles