

50 SOFT FOODS AFTER DENTAL IMPLANTS SURGERY

FRUITS

APPLESAUCE, BAKED APPLES, MASHED BANANAS, BLENDED BERRIES, CANNED PEACHES, PEELED PEARS, SMOOTHIES.

DAIRY/DESSERTS

YOGURT, COTTAGE CHEESE, SOFT CHEESE, RICOTTA, GREEK YOGURT, PUDDING, CUSTARD, JELLO, GELATIN, ICE CREAM (NO CHUNKS).

GRAINS/CARBS

OATMEAL, COOKED PASTA, SOFT RICE, MASHED POTATOES, GRITS, QUINOA, POLENTA, SOFT BISCUITS.

PROTEINS

SCRAMBLED/POACHED EGGS, OMELETS, PROTEIN SHAKES, FLAKED FISH, SMOOTH NUT BUTTERS, HUMMUS.

VEGGIES

MASHED CARROTS, PUREED PEAS, COOKED SQUASH, BLENDED SPINACH, SOFT ZUCCHINI, MASHED CAULIFLOWER, SWEET POTATO, BLENDED BEETROOT, PUREED STEAMED VEGGIES.

SOUPS/BEANS/MISC

MASHED BAKED/BLACK BEANS, BLENDED SOUPS, COLD SOUPS, BABY FOOD, MASHED AVOCADO (OR TOAST), MILK, AVOCADO MASH.