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Diplomates of the American Board of Periodontology
Practice Limited to Periodontics and Dental Implants
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SUGGESTED SOFT FOODS POST- SURGERY

- WARM CEREALS (Cream of Wheat, Oatmeal, etc.)
- AVOCADO
- APPLESAUCE
- SOFT RIPE FRUITS-**NO BERRIES WITH SEEDS** (Banana, Mango, Pears, etc.)
- STEAMED VEGGIES (MAKE SURE THEY ARE SOFT)
- JELLO-O
- PUDDING
- ICE CREAM
- MASHED OR BAKED POTATO, YAMS, BUTTERNUT SQUASH, ETC. (Butter and Sour Cream ok)
- BROTH/STOCK
- CREAMED SOUPS
- COTTAGE CHEESE
- SOFT CHEESES
- CREAMY PEANUT BUTTER (NOT CRUNCHY)
- EGGS
- YOGURT
- SEAFOOD (NOT FRIED)
- CHICKEN (NOT FRIED)
- GROUND TURKEY
- GROUND BEEF
- TOFU (NOT FRIED)
- MILK SHAKES, SMOOTHIES (NO BERRIES WITH SEEDS)
- MEAL REPLACEMENT SHAKES