

Algonquin Kids Dentistry, Inc.
4097 W Algonquin Road
Algonquin, IL 60102
224 654-6543

Soft Diet Suggested Foods:

Milk and Milk Products:

Milk, Yogurt, Cream Cheese, Cottage Cheese, American Cheese

Fruits and Vegetables:

Steamed, Cooked Vegetables
V-8 or tomato juice, all Fruit Juices
Canned Fruits, Fruit Smoothies
Bananas, Grapes, Ripe Peaches, Pears

Breads, Cereal, and Starches:

Dry Cereals with Milk, Oatmeal
Muffins, Soft Breads (no hard crusts)
Cooked Rice or Pasta

Entrees:

Tender Chicken or Turkey, Cut Chicken Nuggets
Ground Beef, Fish, Eggs, Chili, Soups
Pasta with Sauce, Macaroni and Cheese
Peanut Butter and Jelly on Soft Bread
Egg Salad, Tuna Salad, Chicken Salad
Lasagna

Desserts:

Cakes, Ice Cream, Sherbet, Puddings

FOODS TO AVOID:

Hard Fruits (Apples), Raw Vegetables and Salads
Steaks, Chops, Hard to Chew Meats
Breads with Hard Crusts (Bagels)