



SOFT DIET (2 days prior to your procedure)

A soft diet means eating foods that are soft and easy for you to chew or swallow. It usually includes low fiber foods.

SOME EXAMPLES OF SOFT FOODS ARE:

Milkshakes, smoothies (no seeds)

Bananas, applesauce and other soft non-acidic fruits

Peach, pear, apricot nectars and watermelon

Cottage cheese and yogurt

Mashed potatoes

Macaroni and cheese and pasta

Custard/pudding and plain gelatin

Eggs, oatmeal or other cooked cereals

Soups (not spicy)

Over cooked vegetables **avoiding** corn and beans

Soft tender meat and fish

Nutritional supplemental drinks (such as Ensure, Carnation Instant Breakfast, etc.)

FOODS TO AVOID

Nuts and seeds

Raw or lightly cooked vegetables

Rice

Dried fruit, jams/jellies or fruits with seeds

Popcorn, peanuts, pretzels and chips

Alcohol

Tough fibrous meats with gristle, meats with casings (such as hot dogs, sausage, and Kielbasa)

Avoid any sharp, crunchy, chewy, spicy, and citrusy foods