

# Eating Soft Foods

**If you are having problems with your teeth, gums or dentures, you should see your dentist or denturist as soon as you can.**

If you find it hard to chew, change what you eat or how you make it. Try grinding your meals in a grinder or food processor. Some foods like stewing meat, vegetables and grains like rice and pasta become softer if cooked a little longer. Stewing meat rather than broiling or frying makes the meat more tender. Try making stew or a hearty soup with pieces of dark chicken or fish and lots of vegetables. Try finding softer foods to eat.



## Here are some different kinds of soft foods

### Milk Products

- milk or milkshake
- yogurt
- frozen yogurt or ice cream
- pudding
- cheese or cheese sauce

### Meat

- thin slices of beef, pork, or chicken
- ground beef, pork or chicken
- pot roast or stew
- meat loaf or meatballs

### Instead of meat, you can eat:

- poached, scrambled, or boiled eggs
- omelettes
- smooth peanut butter
- beans, lentils and dried peas
- tofu
- canned, fresh or frozen fish

### Vegetables and Fruit

- cooked vegetables
- cooked fruit, like applesauce
- mashed or pureed fruits and vegetables
- grated raw fruits and vegetables
- soft fruits like pears, bananas, and peaches
- fruit and vegetable juices

### Grains

- bread or rolls with soft crusts
- muffins
- breakfast cereal with lots of milk
- cooked cereals like oatmeal or cornmeal
- bread and crackers dipped in milk or soup
- couscous
- well cooked rice or noodles

**HEALTHY**  
*Eating*  
**FOR**  
**HEALTHY**  
*Aging*

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You can change some or all of your meals to soft foods.  
Here are two menus that use soft foods:

## Sample Menu #1

### Breakfast:

- poached egg
- bread
- yogurt
- apple juice

### Snack:

- pear

### Lunch:

- macaroni and cheese
- canned tomatoes
- glass of milk
- fruit cocktail

### Snack:

- banana bread

### Supper:

- meatloaf
- mashed potatoes
- cooked carrots
- rice pudding
- glass of milk

### Snack:

- cereal with milk

## Sample Menu #2

### Breakfast:

- peanut butter on bread
- sliced banana with milk
- glass of milk

### Snack:

- muffin
- fruit juice

### Lunch:

- vegetable soup
- baked beans
- soft roll
- chocolate pudding

### Snack:

- ice cream

### Supper:

- tuna casserole with rice and peas
- glass of milk
- applesauce

### Snack:

- blueberry yogurt



## TIP

There are soft food choices in every food group.