

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

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Eating
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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.