

## Soft Mechanical Diet

The following soft foods are recommended for your child's diet for the *next 7 days* following today's surgery. Other household tools and machines including blenders, food processors, and meat grinders can also be used to make food easier to chew and swallow. Fruits and vegetables may be cooked or pureed to softness. Canned or soft-cooked fruits and veggies can also be used in place of raw and dried types. Try drinking cold and clear beverages for the first day of surgery. It is recommended to slowly introduce these soft foods once tolerating clears after surgery and to push lots of fluids early on.

### Soft Foods:

Cottage cheese  
Mac-n-cheese  
Pudding  
Custard  
Smooth yogurt  
Jell-o  
Chicken noodle soup  
Vegetable soup  
Scrambled eggs  
Moist, tender chicken, turkey, or stewed pork  
Oatmeal  
Cream of wheat  
Grits  
Baked fish  
Ice cream  
Popsicles  
Sherbert  
Tofu  
Mashed potatoes  
Soft, grainless bread without crust  
Pasta

### Drinks:

Vitamin-based water  
Gatorade  
Apple Juice  
White grape juice  
Pedialyte

### Avoid:

Soda pop, chips, pizza, cookies, popcorn, hard candy, pretzels, hot Cheetos, crackers, French fries, hard shell tacos, burgers, raisins, nuts, seeds, peanut butter, candy bars, and fried foods, and acidic beverages, including: orange juice, pineapple juice, grapefruit juice, tomato juice, and lemonade.



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