

Why does my child need this diet?

The soft diet lets your child have foods and fluids when they are not able to tolerate a general diet. After being on this diet, your child will slowly move to being able to have a general diet.

Soft diet foods

Food groups	Foods recommended	Foods to avoid
Beverages	<ul style="list-style-type: none"> Milk, malted milk, milkshakes 	<ul style="list-style-type: none"> Any with caffeine
Breads	<ul style="list-style-type: none"> Enriched white, rye or fine whole grain bread, soft tortilla, rolls and crackers Plain muffins, biscuits. Pancakes, waffles, cornbread, soft tortillas Coffee cake, sweet roll 	<ul style="list-style-type: none"> Coarse breads, bran rolls, breads or crackers with seeds, coconut or nuts Any fried breads like a doughnut
Cereals	Cooked and dry cereals without bran, nuts, seeds or dried fruits	<ul style="list-style-type: none"> Any with bran, nuts, seeds or dried fruits
Desserts and Sweets	<ul style="list-style-type: none"> Plain custards and puddings Sherbet, ice cream, fruit ices and frozen pops Yogurt, cottage cheese, gelatin Cakes, pies and cookies without nuts or seeds 	<ul style="list-style-type: none"> Any with nuts, coconut or seeds Deep fried desserts
Fats	<ul style="list-style-type: none"> Butter, margarine Cream and cream substitutes, whipped cream Gravy Sour cream, salad dressings Mayonnaise 	
Fruits	<ul style="list-style-type: none"> Cooked, frozen, canned or dried fruits without seeds Avocado, banana, citrus sections without membrane (such as mandarin oranges) Fruit juices 	<ul style="list-style-type: none"> Other raw fruits such as apples, oranges Canned, frozen or dried fruits with seeds and tough skins Any not tolerated

Foods (continued)

Food groups	Foods recommended	Foods to avoid
Potato or substitutes	<ul style="list-style-type: none"> Mashed, baked (without skin), or creamed potatoes, sweet potatoes White rice, pasta and noodles 	<ul style="list-style-type: none"> Hashbrowns, fried potatoes, potato skins, french fries Wild or brown rice, hominy Potato chips
Soups	<ul style="list-style-type: none"> Broth, bouillon, consommé Any made from allowed food items Cream soups 	<ul style="list-style-type: none"> Any soups made with foods to avoid
Vegetables	<ul style="list-style-type: none"> Soft, tender, cooked vegetables such as green beans, asparagus, carrots, beets, peas, pumpkin, spinach, squash, tomatoes, celery, mushrooms 	<ul style="list-style-type: none"> Raw vegetables Corn, others with coarse skins Fried vegetables
Miscellaneous	<ul style="list-style-type: none"> Mild sauces and gravy Sugar, jellies, honey, syrup 	<ul style="list-style-type: none"> Pickles, olives, relishes Coconut, nuts Potato chips and other fried snack foods; popcorn Jams and marmalades

Sample menu for child 7 to 10 years old

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> Orange juice (½ cup) Cream of wheat (1 cup) Banana (1) Margarine (1 tsp) Reduced-fat (2%) Milk (1 cup) 	<ul style="list-style-type: none"> Cream of tomato soup (1 cup) Saltine crackers (4) Macaroni and cheese (¾ cup) Canned fruit cocktail (½ cup) Reduced-fat (2%) Milk (1 cup) 	<ul style="list-style-type: none"> Roast chicken (3 oz) Mashed potatoes (½ cup) Gravy (¼ cup) Green beans, steamed (½ cup) Peaches, canned (½ cup) Dinner roll (1) Margarine (1 tsp) Sugar cookie (1) Reduced-fat (2%) Milk (1 cup)
Morning snack	Afternoon snack	Evening snack
<ul style="list-style-type: none"> Pudding (½ cup) 	<ul style="list-style-type: none"> Applesauce (½ cup) 	<ul style="list-style-type: none"> Banana bread (no nuts) (1 slice)

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.