

## Initial diet and soft diet

### What are an initial diet and a soft diet?

These are diets your child will follow after surgery. These foods are easier to swallow.

**Initial foods. These are the first foods your child can eat or drink after surgery.** Do not offer soda (carbonated drinks) and foods made of citrus or tomato. These foods can cause the throat to hurt. It does not matter if a food is warm or cold. Cool foods often feel better to a child's sore throat.

Juice	Offer apple, white grape juice, and peach, pear or apricot nectar. No tomato, lemonade, orange, lime or grapefruit juices.
Fruit	Strained or pureed fruit, such as applesauce or baby food fruit is okay.
Milk	Milk, chocolate milk, shakes, instant breakfast, and yogurt drinks.
Soup	Any strained soup (without chunks of food) is fine.
Cereal	Cooked cereals such as cream of wheat or oatmeal are fine.
Desserts	Choose ice cream, pudding, Jell-O®, custard, sherbet or yogurt for

**Soft diet. Once your child feels better, try some of the foods below.** Serve these foods for up to two weeks before your child goes back to a normal diet. Crunchy or fried foods may hurt the back of your child's throat.

Fruit	Choose from canned fruit and soft fresh fruit such as melon and bananas. Stay away from citrus fruits and juices such as lemon, orange, lime and grapefruit.
Breads, rice and potatoes	Choose fine grain breads without seeds or nuts, plain muffins, biscuits, pancakes, French toast, waffles rolls, white rice, white potatoes or sweet potatoes that are baked or mashed without the skin.
Meats and proteins	Eggs, cheese, ground or finely chopped meat, chicken and fish.
Vegetables	Offer soft, cooked vegetables.
Soups and pastas	Soup, casseroles or macaroni and cheese or spaghetti.
Desserts	Cakes, cream pie and plain chocolate candy without nuts. Avoid desserts that are citrus flavored (lemon, orange, grapefruit or lime).

**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.**