

Teeth-In-A-Day

Recommended Soft Food Diet

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none">• Soups• Bone Broth• Low Sugar Yogurts• No Sugar Added Apple Sauce• Sugar-free Protein Shake• Sugar-free Jello• Cauliflower "mashed potatoes"• Steamed/well cooked vegetables• Pressure-cooked meats• Fish• Mashed Avocado• Nut butters• Eggs• Cottage cheese	<ul style="list-style-type: none">• Nuts• Raw fruits / vegetables• Steak• Crusty breads• Seeds• Alcohol• Anything that requires hard crunching