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GASTROENTEROLOGY AND HEPATOLOGY

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DIPLOMATE, AMERICAN BOARDS
OF INTERNAL MEDICINE,
GASTROENTEROLOGY,
AND HEPATOLOGY

Soft Diet

Indication: Post-polypectomy, diverticulitis, intestinal narrowing

Recommended Foods:

Meats/protein -

Soft, moist fish and poultry, ground beef
Eggs
Creamy peanut butter

Dairy -

Cottage cheese
Yogurt
Milk

Breads and cereals -

White bread, refined wheat bread, light rye, soft rolls and crackers
Noodles or pasta
Potatoes or rice

Fruits and vegetables -

Cooked or canned fruit
All fruit juices
Avocado, bananas, melons and berries
Grapefruit and orange sections without membrane
Applesauce
All cooked vegetables

Dessert -

Cakes, cookies, pudding, custard, ice cream, gelatin, milkshakes

Foods to Avoid:

Steaks, hard rolls, whole grain breads, crackers with seeds, potato chips, dried fruits, nuts, popcorn, raw vegetables, coconut

Other Considerations:

Drink plenty of liquids, at least 8 cups of water or fluid a day
Eat your meals at regular intervals

Eat slowly and chew your food well

Soft Diet Sample Menu

Breakfast

Coffee/tea
Orange juice
Cooked oatmeal
Melon
Low-fat milk
White toast
Jelly, jam, or margarine

Lunch

Vegetable soup
Lean hamburger
Soft white bun
Applesauce
Graham crackers
Soft drink

Dinner

Broiled skinless chicken breast
Rice
Steamed green beans
Mashed potatoes
Margarine
Avocado
Low-fat frozen yogurt

Snack

Banana

Soft drink