

NORMAN ENDOSCOPY CENTER

SOFT MECHANICAL DIET

Description

A soft mechanical diet generally eliminates foods that are difficult to chew or swallow. This diet is used for people who have difficulty chewing or swallowing, but are more able to tolerate foods that are semi-solid.

Foods permitted on a soft mechanical diet must be naturally soft or able to be mashed to achieve a soft consistency.

Suggestions

- Use a blender to puree foods, if not naturally soft, to a tolerable consistency.
- Remember to chew foods well before swallowing. This always to foods to mix with saliva needed for digestion.
- Preserve nutrients when cooking foods:
 - Steam or microwave vegetables
 - When boiling potatoes, peel skin after cooking
- Add variety into diet in order to get adequate nutrients as specified by the RDA.
- You may wish to consult with a nutritionist to create a meal plan based on your needs.
- Foods that are generally eliminated include:
 - Tough meats
 - Raw fruits and vegetables
 - Chewy or crispy breads
 - Nuts and seeds

Guidelines for the Soft Diet

Food Group	Foods Allowed	Foods to Avoid
Beverages	all	none
Soups	mildly seasoned broth, bouillon, or cream soup; strained vegetable soup	bean, gumbo, split pea, or onion soup; chunky soups or chowders
Meats	any moist, tender meats, fish, or poultry (lamb, veal, chicken, turkey, tender beef, liver stewed pork); eggs (see exceptions); creamy peanut butter	Fried chicken or fish; fish with bones; shellfish; fried, salted, or smoked meats; sausage; cold cuts; raw or fried eggs; dried beans; nuts and seeds
Dairy	all low-fat milk products, smooth yogurt, mild-flavored cheese, cottage cheese	(avoid milk if lactose-intolerant), yogurt with nuts or seeds, sharp or strong cheeses, cheeses with whole seeds or spices
Fruits	cooked or canned fruit, soft, fresh banana or avocado, fruit juice	all raw fruit (except banana or avocado), dried fruit (dates, raisins), coconut
Vegetables	soft-cooked or canned vegetables (see exceptions), fresh lettuce or tomato, potatoes (mashed, baked, boiled, or creamed), vegetable	gas-forming vegetables (broccoli, brussel sprouts, cabbage, cauliflower, cucumber, green pepper, onion turnip), whole kernel corn, raw vegetables (except lettuce or tomato), fried vegetables french fries, hash browns
Grains	refined cooked or ready-to-eat cereal; refined white, wheat, or rye bread, rolls, or crackers; plain white rice; pasta	whole-grain breads and cereals (bran, rye with seeds, or whole wheat); breads or rolls with coconut, raisins, nuts, or seeds
Fats	butter, margarine, mild salad dressing, mayonnaise, gravy, cream, cream substitute, sour cream, vegetable oil	Spicy salad dressings, fried foods
Desserts & Sweets	smooth ice cream, ice milk, or frozen yogurt; sherbet; fruit ices; custards; puddings; cake or cookies made without nuts or coconut	desserts or candy made with dried fruit, nuts, coconut; candied fruit; peanut brittle
Seasonings	ketchup; cheese, cream, tomato, or white sauces; soy sauce; chopped or ground leaf herbs	garlic, horseradish, chili powder, whole or seed herbs and spices, barbeque or cajun seasonings, worcestershire sauce