Cleft Surgery/Oral Trauma – Soft Diet

This diet is to be followed for _______ weeks after surgery. This diet should be given only with an open lidded cup, a cup with an indented lid, or a syringe. Do not use bottles, infant feeders, or straws. A child younger than five (5) years of age should use a spoon only. An adult should closely supervise them when eating.

FOODS TO AVOID:

- Sticky foods – peanut butter, thick/sticky cheese sauce
- Crispy foods – fried chicken, fried vegetables
- Crunchy or scratchy foods – crackers, cookies, chips, raw fruits and vegetables, nuts
- Chewy foods – chewy candy, grilled or broiled meats
- Any foods on a stick (May use frozen treats that are cut up.)

GOOD FOOD CHOICES:

Beverages:

- Infant formula
- Milk
- Chocolate milk
- Ovaltine®
- Cocoa
- Milk shakes
- Egg nog
- Fruit juices
- Vegetable juices
- Carbonated beverages
- Yogurt or fruit smoothies
- Kid Essentials®
- Pediasure® or equivalent generic product
- Carnation Instant Breakfast Essentials®

Cereals:

Chocolate, maple, and brown sugar flavors of hot cereal are accepted by most kids, even if hot cereal is not usually a favorite.

- Rice cereal
- Cream of Wheat®
- Oatmeal
- Cooked cereal or cereals soaked in milk
- Soft breads like cornbread and muffins

Soups and Pastas:

- Cream soups
- Pasta salad
- Ramen® noodles
- Broth soups with soft ingredients
- Macaroni and cheese with thin sauce

Eggs:

- Soft-cooked eggs
- Poached eggs
- Quiche
- Soft scrambled eggs
- Soufflé
Meat, Poultry, and Cheese:

Meats should be ground, shredded, or finely chopped so they are soft. Cooking meats in crock pots can make meats easier to grind, shred, or chop.

- Beef
- Chicken
- Veal
- Turkey
- Tuna
- Thin cheese sauce
- Casseroles made with allowed soft ingredients

Vegetables:

These vegetables need to be cooked and/or mashed.

- Peas
- Asparagus
- Beets
- Mashed potatoes
- Carrots
- Squash
- Green beans, wax beans
- Pumpkin
- Spinach
- Cauliflower
- Baked beans
- Broccoli

Fruits:

Mash firm fruits before feeding them to your child. Avoid fruits with small seeds, such as strawberries.

- Apricots
- Peaches
- Pears
- Plums
- Prunes
- Bananas
- Applesauce

Desserts:

- Custards
- Ice cream
- Sherbet
- Puddings
- Mousse
- Gelatins (Jell-O®)
- Milkshakes
- Cream pies
- Baked fruit pies

Fats, Sugar, and Syrups:

These items may be added to foods to increase calories.

- Butter or margarine
- Vegetable oil
- Cream
- Sugar
- Syrups

HELPFUL HINTS:

- Most kids are happiest with foods that look like normal foods they are used to eating. Soft ground turkey with gravy, mashed potatoes with gravy, mashed squash with butter and brown sugar, along with ice cream or pudding makes a recognizable meal. Kids will accept this better than "baby food."
- Look in the frozen food section of the supermarket for a variety of soufflés, quiches, and burritos. Kids will usually accept many of these.