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Maxillofacial Prosthodontist

Liquids Only Options

- ❖ Protein Shakes
- ❖ Ensure/Boost
- ❖ Smoothies (fruit and vegetable well pureed)
- ❖ Broth
- ❖ Milkshakes (add peanut butter for a good source of protein)
- ❖ Fruit Juices (cranberry, apple & grape – avoid a lot of citrus juice)
- ❖ Creamy strained soups
- ❖ Yogurt with no fruit
- ❖ Pudding
- ❖ Ice cream/sherbet with no chunks

Soft Food Options (see above options as well)

- ❖ Eggs (scrambled, soft boiled, egg salad)
- ❖ Applesauce
- ❖ Oatmeal/cereals that soften easily with milk
- ❖ Mashed/baked potatoes
- ❖ Yogurt with fruit
- ❖ Soups
- ❖ Cottage Cheese
- ❖ Well-cooked/steamed vegetables
- ❖ Soft Fruits (banana, papaya, berries, canned peaches or pears)
- ❖ Soft fish or chicken
- ❖ Chicken and dumplings
- ❖ Pasta