

101 Soft Foods to Eat When Chewing Hurts



Almond butter
Apples (well-cooked & soft)
Applesauce
Apple juice
Avocados
Banana (ripe)
Bean dip (smooth)
Beans (well-cooked)
Beef stew (well-cooked)
Brie (w/o skin)
Broccoli cheddar soup
Broth (beef, chicken, vegetable)
Cantaloupe (very ripe)
Carrots (canned)
Carrots (well-cooked)
Cashew butter
Cheese spread
Cheesecake
Chicken noodle soup
Cottage Cheese
Cheese (Cream cheese)
Cranberry juice
Cream of mushroom soup
Cream of Wheat
Creamed spinach
Custard
Egg salad
Fettuccine
Flan
Frozen yogurt
Fruit cocktail (canned)
Fudge bars
Grape juice
Green beans (canned)
Grits
Guacamole
Hard boiled eggs
Hot cereal (cool before eating)
Hummus
Ice cream
Jam
Jelly
Jell-O
Kefir
Lentil soup
Lentils
Macaroni and cheese
Mandarin oranges (canned)
Mango (ripe)
Mashed cauliflower
Mashed sweet potatoes

Mashed white potatoes
Meatloaf
Milk
Milkshake
Mousse
Nutrition supplement drinks
Oatmeal (well cooked)
Orange juice
Pancakes
Papaya
Pasta
Peaches (canned)
Peaches (very ripe)
Peanut butter
Pears (canned)
Pears (very ripe)
Peas (well-cooked)
Pita bread (soft)
Poached eggs
Polenta
Pomegranate juice
Popsicles
Potato soup
Protein shakes
Pudding
Rice (well-cooked & moist)
Salmon
Scrambled eggs
Shakes
Sherbet
Shredded beef (tender & moist)
Shredded chicken (tender & moist)
Shredded turkey (tender & moist)
Sloppy Joe's
Smoothies
Soft bread
Sorbet
Soufflé
Spaghetti
Squash (well-cooked)
Tapioca
Tilapia
Tofu (soft)
Tomatoes
Tomatoes (canned)
Tomato soup
Tortilla
Tuna
Tuna salad
Yogurt (smooth)