

# Gastroenterology and Internal Medicine Specialists, S.C.

22285 Pepper Road, #311  
LAKE BARRINGTON, ILLINOIS 60010

24 HOUR ANSWERING SERVICE  
TELEPHONE (847) 382-4410  
FAX (847) 382-4451  
[www.GastroDr.com](http://www.GastroDr.com)

## SOFT DIET

The soft diet consists of foods which are tender but not ground or pureed. Whole meats, cooked mild vegetables, and fruits or moderate fiber content are allowed.

This diet is suitable for patients who cannot tolerate highly seasoned, fried or raw foods. It is sometimes used as a transition between the full liquid diet and the general diet. It also eliminates foods which might cause discomfort from gas production. This diet is adequate in all nutrients when food selections are based on the Basic Four guidelines.

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS OMITTED</b>
Milk and milk products (2 or more servings daily)	Milk and milk drinks, cottage cheese and cream cheese	Strongly flavored cheese
Fruit and fruit juices ( 2 or more servings daily)	All fruit juices, ripe banana, orange and grapefruit sections (no membrane) and all canned fruit	All other raw fruits, all fruits with small seeds and all fruits with tough skins
Vegetables and vegetable juices (2 or more servings daily)	All vegetable juices, small amounts raw lettuce, tender cooked vegetables including asparagus, beets, carrots, green beans, wax beans, eggplant peas, pumpkin, spinach, squash and tomatoes.	Fibrous or gas-forming vegetables such as corn, green pepper, onions, lima beans, brussel sprouts, broccoli and cauliflower.
Bread, Cereal and Starches (4 or more servings)	Enriched white, refined whole wheat refined rye, raisin bread, saltine, graham oyster crackers, spaghetti, macaroni, noodles, hominy, white and/or sweet potatoes.	Coarse whole grain breads with seeds or nuts, hot breads seasoned crackers with spices, highly seasoned potatoes/substitutes, fried potatoes/chips, brown/wild rice.
Meat and Meat Substitutes (6 oz. Or more daily)	Baked, broiled, roasted, creamed or stewed tender beef, lamb, veal, liver, chicken, turkey, lean pork roast or ham. crisp bacon; all canned fresh or frozen fish and seafood, eggs, smooth peanut butter	Fried, highly seasoned or pickled meat, fish or poultry; fried eggs.