

# Nutrition Guidelines for Good Health

## GENERAL PRINCIPLES

- Choose foods that have been baked, broiled, boiled, or roasted (Avoid fried foods)
- Use mildly seasoned foods
- Avoid foods that can be gas forming
- Food tolerances can vary from person to person



## Foods Recommended

White flour and seedless breads or crackers  
Refined wheat or seedless light rye bread  
Pretzels

Cooked cereal such as cream of wheat,  
cream of rice, grits, farina, or oatmeal

Dry cereals made from corn, wheat, or rice

Macaroni or spaghetti noodles made from  
white flour

White rice

## Foods that may Cause Distress

Bread or crackers made from 100% whole-  
wheat, rye, or cracked wheat

Any whole-grain, bran, or granola cereal

Any containing seeds, nuts, coconut, or  
dried fruits

Fried pastries such as doughnuts

Wild or brown rice

## Foods Recommended

Well-cooked or canned vegetables such  
as carrots, green beans, or mushrooms

Vegetable juice

White or sweet potatoes without skin

Lettuce if tolerated

Tomato paste, puree, or sauce

## Foods that may Cause Distress

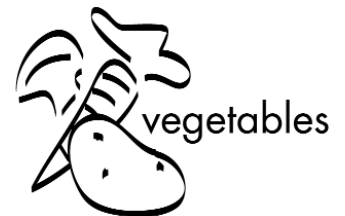
Raw or fried vegetables

Whole-kernel corn

Gas-producing vegetables such as  
broccoli, brussels sprouts, cabbage,  
cauliflower, cucumber, green pepper,  
leeks, lima beans, onions, radishes,  
rutabagas, sauerkraut, or turnips

Dried peas, dried beans

Potato chips, French-fried potatoes



soft diet

## sample menu for soft diet

### BREAKFAST

orange juice (1/2 cup)  
crispy rice cereal (3/4 cup)  
applesauce (1/2 cup)  
white toast (2 slices)  
margarine (2 tsp.)  
jelly (1 Tbsp.)  
2% milk (1 cup)  
coffee/tea

### LUNCH

beef noodle soup (1 cup)  
saltine crackers (4)  
lean roast beef (3 oz.)  
hamburger bun w/o seeds (1)  
ketchup  
canned pears (1/2 cup)  
gelatin (1/2 cup)  
coffee/tea

### DINNER

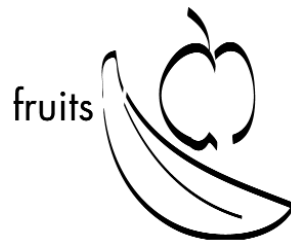
tomato juice (1/2 cup)  
broiled skinless chicken  
breast (3 oz.)  
mashed potato (1/2 cup)  
cooked carrots (1/2 cup)  
white roll (1)  
margarine (2 tsp.)  
angel food cake (1 slice)  
canned peaches (1/2 cup)  
2% milk (1 cup)  
coffee/tea

### Calories for Menu:

1900 calories

### Fiber:

13 grams



### Foods Recommended

Canned or cooked fruit  
Fruit juice  
Avocado, bananas, melon, grapefruit or  
orange sections without membrane

### Foods that may Cause Distress

Other raw or dried fruit

### Foods Recommended

Milk  
Mild flavored, plain cheese  
Flavored or plain yogurt



### Foods that may Cause Distress

Strong smelling or highly seasoned cheese  
Yogurt containing berries, nuts, or coconut

### Foods Recommended

Tender beef, lamb, ham, veal, pork,  
poultry, fish, shellfish  
Eggs  
Smooth peanut butter

### Foods that may Cause Distress

Highly seasoned meats, cheese, or fish  
such as corned beef, luncheon meats,  
hot dogs, sausage, sardines, or anchovies  
Dried beans, dried peas, lentils  
Crunchy peanut butter



### Foods Recommended

Salt, pepper, sugar, mild herbs and spices  
Ketchup, mustard

### Foods that may Cause Distress

Strongly flavored seasonings and  
condiments such as garlic, chili sauce,  
chili pepper, cayenne, red pepper,  
horseradish, Bar-B-Que sauce, onion, etc.

Popcorn and fried snack foods

Pickles

Nuts and coconut



miscellaneous