

# Soft Diet Suggestions for TMJ Patients

(Please watch caloric intake each day, avoiding unnecessary weight gain)

## BREAKFAST IDEAS

Instant breakfast  
Soft cereals (oatmeal or cream of wheat)  
Eggs (cooked any way)

Fruit (ripe, soft mashed or stewed)  
Applesauce  
Cottage Cheese

## LUNCH & DINNER IDEAS

Tuna, egg, crab or ham salad  
Chicken/turkey salad (fine texture)  
Cottage cheese, yogurt  
Soft vegetables  
Mashed potatoes  
Soft bread without crust  
Scrambled ground beef with sauce, cheese  
Soup (of any kind)  
Fish (cut in small pieces)

Chili  
Stuffing  
Pasta  
Lasagna  
Tofu  
Chicken/Turkey cut in small pieces  
Rice or Beans  
Macaroni and cheese  
Chinese foods

## DESSERT IDEAS

Ice Cream  
Jell-O  
Anything blended

Pudding  
Baby food

## FOODS TO AVOID

Gum  
Carrots (any crisp vegetables)  
Gummy bears and other chewy candy  
Steak  
Ice Cubes  
Crisp, crunchy crackers  
Nuts, peanuts, corn nuts

Bagels  
Chewy pizza crust and breads  
Hard fruit (whole apples, pears)  
Spare ribs (other chewy meats)  
Croutons (crisp salad fixings)  
Raisins and other dried fruit  
Popcorn, crunchy chips, sunflower seeds

*If you would like additional information and recipes you may purchase this book:*

**“Non-Chew Cookbook”**  
Wilson Publishing Inc.  
P.O. Box 2190  
Glenwood Springs, CO 81602  
(1-800-843-2409)