



THE
ORAL
SURGERY
CENTER

What's on the menu this first week?



Foods that are semi-liquid and can be easily swallowed without much chewing.

Consider smaller meals, 4-6 times per day vs. three large meals.

good options:

Jell-O, pudding, ice cream, applesauce, yogurt,
soup, cottage cheese, protein shakes



Add foods that can be easily cut with a fork.

good options:

eggs, bananas, avocados, oatmeal,
mashed potatoes, pancakes, steamed vegetables, fish, meatloaf,
deli meats, soft pasta, etc.



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