



Service excellence, compassionate care, providing optimal dental health for families here and abroad

### 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  
Nuts  
Hard candy  
Sticky candy  
Ice cream  
Soft drinks  
Soda  
Popcorn  
Chips  
Bread  
Chewy pizza crust and bread  
Hard-boiled eggs  
Spicy foods  
Canned soups  
Pasta  
Popcorn  
Chips  
Soda

