

Food Suggestions

Breakfast:

- **Fruit** – canned, stewed or fresh soft fruits such as melons or bananas (citrus fruits may sting if they are too acidic)
- **Eggs** – any style
- **Cereals** – hot, or softened cold cereal
- **Pancakes**
- **Bread** – soft whole wheat or white, but avoid those with seeds

Lunch:

- **Soup, cottage cheese, yogurt, Jell-O**
- **Meat** – ground meat, tuna or other fish, soft chicken or turkey
- **Cheese** – any type
- **Bread** – soft whole wheat or white, but avoid those with seeds

Dinner:

- **Entrée** – chopped meat, chicken, fish, spaghetti, macaroni and cheese, quiche
- **Cooked Vegetables** – asparagus, cabbage, beans, onions, spinach, peas, squash, etc.
- **Potatoes** – mashed or baked
- **Pasta** – (rice is sometimes difficult to remove from a surgical site, especially for the first few days)
- **Breads** – soft dinner rolls, soft whole wheat or white
- **Desserts** – cooked apples, soft fresh fruits, soft cake, ice cream, canned fruit, pudding, sherbet, pastry

Beverages:

- **Coffee, tea, milk, milkshake, juice, smoothies, but avoid those with small seeds**
- **Carnation Instant Breakfast, Slim-Fast, Ensure, or Boost may be taken as meal substitutes**