

Post-Operative Food Guidelines (Type + Texture)

Food Groups	Food allowed (pureed/mashed)	Food to avoid
Meat and other Proteins	Meat, lentils or beans, cottage cheese, soft cheese, yogurt, scrambled eggs, and hummus	Hard cheese Bacon
Bread	Soft bread, softened milk bread or water	Hard bread Bread with added nuts or seeds
Cereals	Oatmeal	Hard or crunchy cereals Cold cereals Nuts or seeds
Fruit	Canned fruit, cooked fruit, fresh banana, and applesauce.	Hard or crunchy fruit Fruit with seeds and skin
Vegetables	Canned or cooked vegetables	Hard or crunchy vegetables Vegetables with seeds or pulp
Potato and other starches	Potatoes with no lumps or skin Well-cooked noodles	Hard potatoes Sauce with chunks Rice and whole grains
Desserts	Pudding, jelly, ice-cream or frozen yogurt, milkshakes	Any dessert with fruit pieces, nuts, seeds, or hard toppings
Beverages	Formula, Breast milk, water, and juice	Chunks or lumps
Utensils	Bottles with soft nipples, spoons can only be put at the lips, Sippy cups with short and soft spouts	Straws Sippy cups with long and hard spouts Spoon or fork put in the mouth