

Easy-to-Chew-and-Swallow Foods

Soft or blended foods may be helpful if your mouth is sore, if your dentures do not fit well and cause sores on your gums, or if you have problems swallowing. This handout offers tips for preparing foods that are easy to chew and swallow and presents two diet options (soft foods and blended foods). Choose foods from either diet that you find comfortable to eat.

Food Preparation Tips

- Choose a variety of soft or blended foods from all food groups to give yourself the nutrients your body needs.
- Puree foods in a blender to make them easier to eat.
- Add flavorful and nutritious liquids (such as broth, milk, fruit juice, or vegetable juice) to your blended food to make it the right consistency.
- Processing foods in a blender may change how they taste, so add small amounts of seasonings at first and then adjust to taste.
- Serve pureed foods in pretty dishes to make them look appealing.

Easy-to-Chew-and-Swallow Food Choices

Food Group	Soft Food Choices	Blended Food Choices
Grain foods	Breads made from refined flours White rice Pasta	Cooked cereals Milk toast
Vegetables	Soft cooked or canned vegetables Lettuce Fresh tomatoes Potatoes without skin (except French fries)	Mashed potatoes Blended vegetables Baby food vegetables
Fruits	Cooked or canned fruit Soft banana Soft avocado Fruit juice	Blended fruits Applesauce and applesauce-fruit blends Baby food fruits
Meats	Tender meat, fish, or poultry Meat cut into small pieces Soft-cooked eggs Creamy peanut butter	Blended meat Scrambled eggs
Milk and dairy foods	Milk Yogurt Cheese Cottage cheese	Yogurt
Desserts	Plain ice cream, frozen yogurt, or sherbet Fruit ice Custard Pudding Soft cake and cookies	Ice cream, frozen yogurt, or sherbet Fruit ice Custard Pudding

Continues

Easy-to-Chew-and-Swallow Food Choices *(continued)*

Food Group	Soft Food Choices	Blended Food Choices
Other	Strained cream soups	Blended and strained cream soups
Condiments and seasonings	Ketchup Soy sauce Cheese or cream sauces Herbs	Ketchup Soy sauce Cheese or cream sauces Herbs