



## POST-OPERATIVE SURGERY DIET

Please be advised that during your initial healing period, you will need to stick to only soft foods. Some suggestions are as follows:

- Pasta
- Yogurt
- Smoothies
- Pudding
- Nutritional drinks
- Milkshakes
- Protein shakes
- Mashed potatoes
- Meatloaf
- Turkey
- Eggs
- Jell-O®
- Grits
- Cream of Wheat®
- Applesauce
- Soup
- Chicken and dumplings
- Shrimp
- Fish
- Canned chicken, tuna, etc.
- Soft cheeses (brie, cream cheese)
- Soft breads
- Melon
- Pineapple
- Mandarin oranges
- Peaches (canned or cut)
- Bananas
- Cooked veggies
- Oatmeal
- Ice cream

### ABSOLUTELY NOTHING CRUNCHY, CHEWY OR STICKY!

- Pretzels
- Chips
- Popcorn
- Nuts
- Raw veggies
- Hard/chewy bread
- Hard/chewy candies