

Soft Foods

Dairy foods:

- Low-fat or no-fat cottage cheese
- Nonfat, sugar-free yogurt
- Frozen or regular sugar-free or fat-free pudding
- Sugar-free or fat-free ice cream
- Low-fat frozen yogurt or ice cream

Fruits and vegetables:

- Unsweetened applesauce
- Canned peaches and pears in their own juice
- Soft fruits—watermelon, honeydew, cantaloupe, bananas, strawberries, or ripe peaches (chewed thoroughly)
- Any vegetables (EXCLUDING CORN), including potatoes cooked soft and mashed with a fork
- Soups—it may be necessary to blend slightly to break up large chunks—split pea soup, bean soups
- Fat-free refried beans

Breads and grains:

- Unsweetened oatmeal
- Cream of Wheat and grits
- Cornmeal

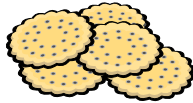
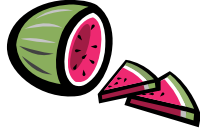
Meat, fish, poultry, and eggs:

- Baked/poached fish fillets or crabmeat—cooked very soft and moist
- Tuna salad, chicken salad
- Eggs—scrambled, soft-boiled, and in the form of egg salad. (Because eggs are high in fat and cholesterol, they should only be eaten every once in a while.)
- Peanut butter is very high in fat, but it is also a good source of protein, so use sparingly.

Source: American Cancer Society. (2008). *Trouble swallowing*. Available online at http://www.cancer.org/docroot/MBC/content/MBC_6_2X_Difficulty_with_swallowing.asp

Foods and Beverages I Like to Eat and Drink

Directions: Circle the foods that you like to eat.



What Foods Do I Like to Eat?

Putting Foods I Like to Eat on the MyPlate

Directions: Place pictures of food items on the MyPlate in each corresponding category.

