Soft No-Chew Diet

What is a soft no-chew diet and why does my child need it?
The soft no-chew diet is a diet of soft, moist foods that your child does not need to chew. These foods will help your child recover from their mouth surgery and help make eating easier.

This flyer lists the foods that are safe and easy for your child to eat. It also tells you what foods you should avoid giving to your child.

If you have any questions, call the dietitian at the number in the "To Learn More" box on the last page or call your child's healthcare provider.

What should I expect when my child is on a soft no-chew diet?
After surgery, it is important for your child to eat enough and drink enough liquids. This helps their body heal. Here are some things to remember when your child is on a soft no-chew diet.

Make sure your child is eating enough calories
After surgery, your child may not eat as much as usual. This is why it is important to give them foods and drinks that are high in calories and protein.

To add more calories and protein:
• Blend regular foods with whole milk or broth
• Add sauces or extra butter to meals
• Add “instant breakfast” mix or dry milk powder to drinks
• Whenever you can, add butter, oil, or whole-milk dairy products to your child’s foods

Check your child’s weight once a week. This will help you to make sure that your child is eating enough. If your child is losing weight, it is important to call your child’s dietitian.

Make sure your child is drinking enough liquids
Drinking enough liquids is also very important for your child. Choose drinks with a lot of calories, like fruit smoothies, milkshakes, fruit juice, whole milk and Gatorade.

Your child should drink _____ 8-ounce servings of liquid each day.
An 8-ounce serving is equal to 1 cup.

Help your child avoid constipation
Some children have problems with not being able to have a bowel movement (constipation) after surgery. Drinking enough liquid each day will help your child to avoid constipation. Eating foods with a lot of fiber, like oatmeal, fruits, vegetables, beans and lentils (legumes) will also help your child to avoid constipation.
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**Give your child plenty of time to eat**
Make sure that mealtimes are calm. It can be harder for your child to eat if meal times are rushed.

**Provide your child smaller meals more often**
Your child will probably have some mouth pain when they eat after their surgery. They may also get tired more quickly. Smaller meals make it easier for them to eat and take less time. When your child is eating small meals, they should eat more often. Offer your child 6 small meals a day and include a beverage at each meal.

**What foods should my child eat or avoid while they are on the soft no-chew diet?**
For about a week after surgery, avoid citrus juices and fruits. These foods can cause your child’s mouth to sting where they had surgery. Once the wound has had a chance to heal, these foods should be OK to try.

Here is a table that shows a list of foods that are good to give your child and a list of foods to avoid.

<table>
<thead>
<tr>
<th>Kind of food</th>
<th>Safe Foods</th>
<th>Foods to Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy</td>
<td>All dairy products are OK. Whole milk, yogurt, frozen yogurt, melted cheese.</td>
<td>Avoid low-fat or non-fat dairy products.</td>
</tr>
<tr>
<td>Breads and cereals</td>
<td>Hot cereals, cold cereals soaked in milk until soft</td>
<td>Bread, donuts, dry crackers, dry toast, hard rolls, corn bread, muffins with nuts or seeds, sweet rolls, dry cereal</td>
</tr>
<tr>
<td>Fruits</td>
<td>Blended (pureed) canned fruits, mashed banana, applesauce, mashed avocado, mashed soft canned fruits</td>
<td>Raw fruits (except bananas and avocados), fibrous fruits and fruits with seeds (pineapple, citrus fruits, prunes, mandarin oranges, raspberries), dried fruits</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Pureed cooked vegetables and mashed well-cooked vegetables</td>
<td>Raw vegetables, fried vegetables, lettuce</td>
</tr>
<tr>
<td>Starches</td>
<td>Well-cooked pasta in bite-size pieces, Spaghetti Os, mashed rice, mashed potatoes</td>
<td>Fried potatoes, hash browns</td>
</tr>
<tr>
<td>Meat and other kinds of protein</td>
<td>Soft tofu, scrambled eggs, small curd creamy cottage cheese, pureed cooked meats or pureed or well-mashed beans or lentils (legumes)</td>
<td>Hard-boiled or fried eggs, chunks of meat, sausage, bacon, fried chicken, aged hard cheeses (like parmesan), crunchy peanut butter</td>
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<tr>
<td>Soups</td>
<td>Blended soups or soups with small, very soft noodles, vegetables, meats (such as canned chicken noodle soup). For extra calories make soup with whole milk, half-and-half or liquid whipping cream</td>
<td>Soups with large chunks of meat or vegetables</td>
</tr>
<tr>
<td>Fats for extra calories</td>
<td>All kinds of fats are OK. Gravy, smooth sauces, Alfredo or cheese sauce, butter, mayonnaise, olive oil, canola oil, whipping cream, half-and-half, soft cream cheese</td>
<td></td>
</tr>
<tr>
<td>Sweets and desserts</td>
<td>Milkshakes, mousse, fruit smoothies, rice pudding, pudding, sherbet, ice cream, cheesecake, hot fudge sundaes</td>
<td>Dry cookies, desserts with dried fruits, seeds and nuts, pie crusts</td>
</tr>
<tr>
<td>Other foods or condiments</td>
<td>Tartar sauce, salt and pepper, BBQ sauce, mustard, ketchup</td>
<td>Relishes, pickles, popcorn, nuts, coconut</td>
</tr>
</tbody>
</table>

Recipes

Here are some recipes that work well for a soft no-chew diet.

Strawberry breakfast drink (serves 2)

1 cup sliced strawberries (frozen or fresh)
½ cup egg substitute
2 tablespoons sugar
1 teaspoon vanilla
2 cups cold whole milk

Put all the ingredients except the milk into a blender and blend until smooth (about 10 seconds). Add milk and blend until foamy.

Baked rice pudding

½ cup uncooked white rice
1 quart milk
¼ cup sugar
1 teaspoon vanilla
½ teaspoon salt

Preheat oven to 325°F. Combine rice, milk, sugar, vanilla and salt. Pour into a buttered casserole dish. Cover tightly. Bake 2 hours or until rice is soft. Remove cover and bake a few minutes longer.
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Cream of vegetable soup
2 cups whole milk
2 cups cooked, blended and strained vegetables
3 tablespoons margarine or butter
1 tablespoon flour
1 teaspoon minced onion
½ teaspoon salt
Put all ingredients into the blender and blend until smooth (about 30 seconds). Pour mixture into a saucepan and cook over low heat until mixture bubbles and thickens. Simmer for 1 minute.

Yogurt whammy
1 container yogurt
½ package frozen fruit
Blend 20 seconds. Add additional liquid for a thinner drink.
*Note: Avoid fruit with seeds (raspberries, etc.) if your child’s jaws are wired.

Scrambled eggs (serves 2)
3 eggs
½ cup whole milk
½ teaspoon salt
dash pepper
Serve with mashed potatoes
1½ ounces cream cheese
½ tablespoon butter or margarine
Blend all ingredients in a blender. Melt butter in a frying pan. Before it browns, add egg mixture. Cook over low heat, stirring constantly until thick and creamy.

To Learn More
• Nutrition
  206-987-4758
• Your child’s dietitian:

  _______________________________________________________________________

• Ask your child’s healthcare provider
• www.seattlechildrens.org

Free Interpreter Services
• In the hospital, ask your child’s nurse.
• From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
• For Deaf and hard of hearing callers 206-987-2280 (TTY)