

Suggested Food

Jello, Apple Sauce, Pudding, Yogurt & Ice Cream
Activia Yogurt (will help if taking an oral antibiotic)
Mashed Potatoes, Baked Potatoes
Pasta, Ravioli, Macaroni & Cheese
Spaghetti with Meat or Marinara Sauce
Steamed Vegetables (Not Crunchy)
Broiled or Baked Fish
Chicken Salad (Nothing Crunchy or Nuts)
Tuna Salad (Nothing Crunchy or Nuts)
Pasta Salad (Nothing Crunchy or Nuts)
Chicken Pot Pie
Chicken and Dumplings
Oatmeal
Pancakes
Scrambled Eggs/ Omelets

Foods to Avoid

Popcorn, Nuts, Grits, Rice, Strawberries and Sesame Seeds

*All food should be cool or room temperature until the local anesthetic wears off.