



## Soft Foods List

Applesauce  
Pudding  
Yogurt  
Oatmeal  
Soups  
Well-Cooked Vegetables  
Burritos  
Noodles  
Mashed Potatoes and Gravy  
Macaroni and Cheese  
Fruits that are soft – canned pears or peaches  
Tuna fish mashed up with mayo in a sandwich  
Soft white bread  
Eggs  
Jello  
Ice Cream  
Milk Shakes (no straws, only spoons)  
Beans  
Tofu  
Any Baby Food  
Anything you put into a blender  
Anything you can mash with a fork

**\*\*No Chips of Any Kind\*\***

**\*\*No Raw Vegetables\*\***

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