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Cool, Soft Diet Recommendations

Cool

Jello
Apple Sauce
Cottage Cheese
Yoghurt
Hummus
Tuna Salad (with nothing crunchy in it)
Ice cream

Soft

Scrambled eggs
PB & J on soft bread
Oatmeal
Soup (not too hot)
Mild Chili (not too warm)
Mac & Cheese
Grilled Cheese sandwich
Fish
Mashed Potatoes

Avoid

Popcorn
Rice
Nuts
Chewy meats
Super hot temperatures for food or beverages
Anything that you suck through a straw (first 24-48 hours)