

Mechanical Soft Diet

You have problems with swallowing

Mechanical Soft Diet is the safest diet

Why do you need mechanical soft diet?

- Difficulty chewing
- Trouble moving food around mouth
- Food gets stuck in mouth or throat

What are mechanical soft foods?

- Moist and tender
- Easy to chew
- Easy to cut with fork

Examples of what you can eat

- Breads
- Pasta
- Rice
- Cooked tender vegetables
- Shredded lettuce
- Canned fruits
- Eggs
- Casseroles
- Tender meat
- Peanut butter
- Soft fruits

Avoid these foods

- Dry bread
- Crackers
- Raw vegetables
- Fruits with skin
- Peanuts
- Dry fruits
- Tough and dry meats

Safe Eating Recommendations

- **Sit up** to eat
- Take **small bites**
- Brush teeth 3 times a day