



What Does It Mean for You?

Foods on this diet should pass easily through the GI tract. You may need this diet after surgery, after having a stent placed in your GI tract, or if you have a narrowing in your intestines. This diet is designed to eliminate foods that might cause a blockage.

NFS Call Center
4-1278

GI Soft Diet

About Your Diet

- ❖ Foods should be moist, soft, and easily swallowed.
- ❖ Chew all of your food very well, more times than you normally would.
- ❖ Eat slowly and take small bites.
- ❖ Eat 5-6 small meals per day if needed, instead of 3 big meals. You may order once per hour.
- ❖ Sit upright while you eat and stay upright for 30-60 minutes after eating.
- ❖ If food ever feels stuck in your throat, take a couple sips of your beverage. This will help the food move along. You may want to repeat this throughout the day, especially before and after each meal.
- ❖ Eat plenty of soft protein foods such as eggs, yogurt, milk, and very moist cooked meats for healing.
- ❖ Choose oral supplements, shakes, puddings to increase calories and protein.



Beverages

Juice

Apple, Cranberry, Grape, Prune, Orange, Vegetable, or Diet Cranberry

Milk

2%, Whole, Lactaid, Soy, Skim, Low-Fat Chocolate, or Vanilla Almond Milk

Hot Beverages

Coffee
Decaf Coffee
Hot Cocoa
Sugar-Free Hot Cocoa
Hot Tea
Decaf Hot Tea
Hot Water

Yogurt

Greek Yogurt:
Vanilla or Strawberry
Activia Yogurt:
Vanilla or Strawberry
Blueberry Yogurt Parfait

Breakfast (served All Day)

Eggs (*fried easy, fried medium and fried hard*)

Hard Boiled Egg

Omelet

Add Cheese: Cheddar, Swiss, American, or Low-Fat Cheddar

Add Vegetables: Onions, Green Peppers, Chopped Tomatoes, or Mushrooms

Add Meats (Chopped): Chicken Sausage, Sausage Patty, or Diced Ham

Scrambled Eggs

Add Cheese: Cheddar, Swiss, American, or Low-Fat Cheddar

French Toast

Buttermilk Pancakes

Cottage Cheese

Breakfast

Cold Cereal: (*must be consumed with milk*)

Cheerios, Corn Flakes, Frosted Flakes, Special K or Rice Krispies

Hot Cereal:

Oatmeal, Grits, or Cheesy Grits

Pastries/Breads:

Blueberry Crumb Muffin
Triple Chocolate Muffin
Croissant
English Muffin
Biscuit & Gravy

Fruit:

Applesauce
Banana
Mandarin Oranges
Peach or Pear Slices
Pineapple Tidbits
Fresh Fruit Cup
Fruit Cocktail
Orange

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Soup

Chicken Noodle
Beef Broth
Chicken Broth
Vegetable Broth
Tomato
Low Sodium Vegetable

Daily Soup Specials:

Monday: Roasted Red Pepper
Tuesday: Cheddar Ale
Wednesday: Black Bean
Thursday: Spicy Chicken
Tortilla
Friday: NE Clam Chowder
Saturday/Sunday: Broccoli
Cheddar

Carolina Chicken Co.

Entrées:

Dot's Famous BBQ
(plate or sandwich)

Side-Fixin's:

Southern Mac & Cheese
Cheesy Grits
Braised Collard Greens
Mashed Potatoes
Mashed Sweet Potatoes
Cornbread Muffin
Dinner Roll

Bandaleros

Beef Machacha
Adobo Chicken
Pork Carnitas

Add Ons:

Pinto Beans
Black Beans
Cilantro Lime Rice
Mild Salsa
Hot Salsa
Jack and Cheddar Blend
Sour Cream
Brown Rice
Tortilla

Red Ginger

Steamed Pork Dumplings
Rice: White or Fried Soy
Sauce

Caprese's Deli

Breads:

6" White Sub
Kaiser Roll
Tortilla

Croissant
Sliced White
Gluten Free

Meats (choose up to 2):
Herb Roasted Turkey
Roast Beef
Ham
Hummus

Cheeses (choose up to 2):
Cheddar, Swiss, Pepper
Jack, Low Fat American,
American or Provolone

Toppings:

Red Onion, Jalapeños, or
Banana Peppers

Dressings:

Mayo, Low-Fat Mayo,
Dijon Mustard, Balsamic
Vinegar, Caesar, or
Honey Mustard



Condiments

- Sugar
- Brown Sugar
- Splenda
- Equal
- Honey
- Creamer
- Butter
- Margarine
- BBQ Sauce
- Hot Sauce
- Ketchup
- Lemon Wedge
- Lemon Juice
- Salsa
- Salt
- Pepper
- Cream Cheese
(regular and low fat)
- Jelly
(Regular and Diet)
- Mayonnaise
(Regular and Low Fat)
- Sugar Free Syrup

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Flat Iron Grill

- Philly Cheese Steak
- Grilled Cheese
- Grilled Ham & Cheese
- Hummus & Pita Bread
- Add Cheeses:**
- American, Swiss,
- Provolone, Cheddar, or
- Low-Fat American

Add Toppings:

- Grilled Onions
- Grilled Peppers
- Grilled Mushrooms
- Chili

Cosimo's

- Pasta:**
- Spaghetti
- Penne
- Cheese Tortellini
- Add Sauce:**
- Alfredo
- Marinara
- Bolognese (Meat)

House Specialties:

- Spaghetti & Meatballs
- Old World Lasagna
- Meatball Sub

Continental Traders

- Beef & Pork:**
- Meatloaf
- Yankee Pot Roast
- Ground Beef
- Seafood:**
- Shrimp & Cheesy Grits
- Low Country Shrimp & Grits
- Tilapia en Papillote
- Grilled Herb Salmon
- Poultry:**
- Roasted Turkey
- Ground Turkey
- Ground Chicken
- * Gravy Available

Sides:

- Mashed Potatoes
- Sweet Potato Mash
- Jasmine Rice
- Rice Pilaf
- Cheesy Grits
- Green Beans
- Collard Greens
- Carrots
- Sautéed Vegetables
- Cornbread Muffin
- Dinner Roll



Baker Street

Cakes:

Vanilla Cupcake w. Vanilla Icing

Vanilla Cupcake w. Chocolate Icing

Chocolate Layer Cake

Cheesecake

Beverages

Bottled Water

Coke/Diet Coke

Caffeine-free Coke

Caffeine Free Diet Coke

Dr Pepper/Diet Dr Pepper

Ginger Ale/Diet Ginger Ale

Sprite/Diet Sprite

Mello Yello

Lemon-Lime Gatorade

Orange Gatorade

Crystal Light Lemonade

Orange Fanta

Sweet Tea

Unsweetened Tea

Max Mango's

Ice Cream:

Chocolate

Vanilla

Strawberry

Low-Fat, Sugar Free Vanilla

Italian Ices:

Lemon

Orange

Cherry

Smoothies:

Mango

Strawberry

White Grape

Mojito

Apple Pie

Banana

Jell-O: Reg or Sugar Free

Cherry

Orange

Lime

Milkshakes:

Chocolate

Vanilla

Strawberry

Magic Cup (9g)

Vanilla, Chocolate,

Orange, or Wild Berry

Supershakes (13g of Protein)

Vanilla, Chocolate, or

Strawberry

Carnation Breakfast Essentials

Vanilla or Chocolate

comes in a packet (~6g);

order with milk

Ensure Plus (13g)

Vanilla, Chocolate, or

Strawberry

Ensure Clear (7g)

-Apple

Nepro (18-19g)

Vanilla

Butter Pecan



Favorites

Meatloaf
Roasted Turkey
Grilled Herb Salmon
Old World Beef Lasagna

Soups

Chicken Consommé
Beef Consommé
Chicken Noodle
Tomato

From the Grill

Grilled Cheese
Hummus & Pita
Philly Cheese steak
Grilled Ham & Cheese

Sides

Mashed Potatoes
Dinner Roll
Sweet Potato Mash
Cornbread Muffin
Sautéed Vegetables
Carrots
Green Beans
Rice Pilaf

Night Menu

Breakfast Items

French Toast
Buttermilk Pancakes
Scrambled Eggs
Egg beaters
Hard Boiled Egg
Biscuit & Gravy

Omelets

Add cheeses: Cheddar, Swiss, American, Low Fat Cheddar

Add veggies:

Green Peppers
Mushrooms
Onions

Add Chopped Meats:

Sausage Patty
Chicken Sausage Patty
Diced Ham

Breakfast Items

Pastries
Triple Chocolate Muffin
Blueberry Crumb Muffin

Cereals

Grits
Oatmeal
Cheerios
Corn Flakes
Frosted Flakes
Rice Krispies
Special K

** Cold cereals must be consumed with milk*

Fruit & Yogurt:

Applesauce
Banana
Mandarin Oranges
Peach Slices
Pear Halves
Pineapple Tidbits
Fruit Cocktail
Orange

Yogurt: Strawberry or Vanilla



Beverages

Juice: Apple, Cranberry, Grape, Orange, Vegetable or Diet Cranberry

Bottled Water
Gatorade
Crystal Lite Lemonade

Milk: 2%, Whole, Skim, Low-Fat Chocolate, Vanilla Almond Milk or Vanilla Soy Milk

Desserts

Pudding
Chocolate

Sugar-Free Chocolate
Vanilla/Sugar-Free Vanilla

Ice Cream

Vanilla/Fat-Free Vanilla
Strawberry
Chocolate

Fruit Ice
Lemon
Cherry
Orange

Jell-O

Cherry/SF Cherry
Lime/SF Lime
Orange/SF Orange

Breakfast

French Toast
Pancakes
Scrambled Eggs
Blueberry Muffin
Chocolate Muffin
Strawberry Yogurt
Vanilla Yogurt
Blueberry Yogurt Parfait

Cereal

Grits
Oatmeal

Corn Flakes, Frosted Flakes, Rice Krispies, Special K, Cheerios
* Cold cereals must be consumed with milk

Fruits

Applesauce
Banana
Peaches
Pears
Pineapple
Mandarin Oranges
Fruit Cocktail
Orange

Lunch & Dinner

Sandwich
PB&J
Grilled Cheese
Rice & Bean Burrito
Grilled Ham & Cheese
Spaghetti with Tomato Sauce

Sides

Mashed Potatoes
Hummus & Pita
Mac & Cheese

Eat Your Veggies!
Steamed Carrots
Chopped Green Beans

I Don't Feel Good Foods

Beef Broth
Chicken Broth
Veggie Broth
Chicken Soup
Tomato Soup
Sprite
PB&J
Jell-O
Ginger Ale
Popsicles

Discharge Instructions:

General Guidelines

- Cook foods so that they are moist, soft, and easily swallowed.
- Chew all of your food very well, more times than you normally would.
- Eat slowly and take small bites.
- Eat 5-6 small meals per day if needed, instead of 3 big meals.
- Sit upright while you eat and stay upright for 30-60 minutes after eating.
- If food ever feels stuck in your throat, take a couple sips of your beverage. This will help the food move along. You may want to repeat this throughout the day, especially before and after each meal.

Commercial Nutritional Supplements

- If you are having trouble keeping your weight up, you may need to drink shakes as snacks or in place of meals. You can buy these or make them at home.
- Boost®, Ensure®, or store brand equivalents (Kroger, Food Lion, Walmart, Target, and Costco all have their own) are all good options. Look for the word "Plus" on the label if you need more calories.
- Carnation® Instant Breakfast powder or equivalent store brand made with whole milk is a good alternative too, and usually cheaper.
- For more calories in a smaller amount of volume, you can order Mighty Shakes® from www.homecarenutrition.com, or Boost® Very High Calorie from Amazon.com or other online retailers.

Food Group	Good Choices	Bad Choices
Bread and Starches	<ul style="list-style-type: none">• Cooked cereals• Mashed potatoes, sweet potatoes, yams• Baked potato without skin• Soft, moist rice• Noodles, macaroni, spaghetti• Dry cereals softened in milk• Pancakes and waffles softened with syrup/butter• Crackers or breads added to soups	<ul style="list-style-type: none">• Hard bread with thick crust• Dry cereals without milk• Potato chips, pretzels• Popcorn• Crackers

<i>Vegetables</i>	<ul style="list-style-type: none"> Any that are cooked soft or pureed. They should be "fork-tender." Strained baby vegetables 	 Raw vegetables or any that are not cooked as described here.
<i>Fruits</i>	<ul style="list-style-type: none"> All juices All canned fruits Peeled bananas, peaches, plums Cooked apples, pears, etc. Stewed dried fruits Strained baby fruits 	<ul style="list-style-type: none"> Fresh fruits with skins Dried fruits
<i>Meat and Proteins</i>	<ul style="list-style-type: none"> Soft cooked eggs Tofu Casseroles Moist fish Stewed meat or poultry that is fork tender Strained baby meats All other meats must be bite-size or ground. Add gravy to any meat for moisture. 	<ul style="list-style-type: none"> Dry poultry, like fried or baked chicken Crunchy fish or shellfish Peanut butter All tough red and white meats
Food Group	Good Choices	Bad Choices
<i>Dairy Products</i>	<ul style="list-style-type: none"> Milk – all kinds Yogurt, custard, ice cream Soft or melted cheeses Cottage cheese, cream cheese 	 Ice cream or yogurt with chunks of fruit or nuts
<i>Fats</i>	<ul style="list-style-type: none"> Butter, margarine, sour cream Salad dressings, mayonnaise Avocado Gravy Whipping cream, half and half 	<ul style="list-style-type: none"> Bacon Nuts Deep fried, crispy food
<i>Desserts</i>	<ul style="list-style-type: none"> Sherbet, ice cream, Italian ice, frozen yogurt Gelatin, pudding, mousse, custard All cake type desserts 	<ul style="list-style-type: none"> Cookies Pie crust Any dry desserts Desserts containing nuts or skins

Sample Meals		
Breakfast	Lunch	Dinner
Cereal softened with whole milk, canned fruit. Orange juice to drink.	Creamed or vegetable soup, applesauce with cinnamon and sugar. Ice tea to drink.	Ground chicken with gravy, mashed potatoes with butter/cheese, soft green beans. Milk to drink.
Scrambled eggs made with cheese and butter. Coffee to drink with cream and sugar.	Egg salad/tuna salad on soft, crustless, buttered bread, melon. Lemonade to drink.	Macaroni and cheese, "bite-sized" hot dog with ketchup/mustard, baked beans. Ice tea to drink.
Oatmeal made with whole milk, yogurt, and banana. Grape juice to drink.	Ground beef/pork with gravy, rice, and creamed corn or cooked/soft carrots. Milk to drink.	Spaghetti with ground meat sauce, soft cooked vegetables with cheese sauce. Water to drink.
Pancakes or French toast with butter, syrup, or fruit sauce. Orange juice to drink.	Pasta or potato salad, soup or stew, canned or soft fruit. Water to drink.	Omelet made with cheese, spinach, or other cooked vegetables. Lemonade to drink.