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A soft diet is made up of foods that are soft and easy to chew and swallow. These foods may be chopped, ground, mashed, pureed, and moist. You may need to follow this diet if you have had certain types of surgery, such as head, neck, or stomach surgery.

Soft Food Diets - Including Foods to Eat & Avoid - Drugs.com

Following a soft diet doesn't mean you can't eat appetizing foods, however. You still have lots of options for foods to eat, and changing your food ...

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A soft foods diet is something doctors recommend after certain medical procedures. It's also called a low-fiber diet or a bland diet. As you can probably guess from ...

Soft Foods Diet: List of Foods to Eat and Foods to Avoid

creative spouses who translated their caring into foods that look good, taste good, are easy to ... Diet (Soft , cooked. Eliminate ... the swallowing process to keep ...

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