

## MECHANICAL SOFT (DENTAL SOFT) DIET

### Description

The diet is a modification of the Regular Diet for the edentulous resident who has difficulty chewing or swallowing, or for the resident who has undergone temporomandibular joint (TMJ) surgery. For the greatest variety of foods, all foods that are easily masticated are included in the diet.

### Indications

The Mechanical Soft Diet is indicated for the resident who has difficulty chewing or swallowing.

### Nutritional Adequacy

The diet can be planned to meet the Dietary Reference Intakes as outlined in Section IA: Statement on Nutritional Adequacy.

### How to Order the Diet

Order as "Mechanical Soft Diet" or "Dental Soft Diet."

"Non-chewing Diet" or "TMJ Diet" needs to be indicated to identify this variation of the Mechanical Soft Diet.

### Planning the Diet

The menu selection and the individual resident's tolerances should be considered when planning a Mechanical Soft Diet.

## SAMPLE MENU

<b>Breakfast</b>	<b>Noon</b>	<b>Evening</b>
Orange Juice	Honey Glazed Chicken, Chopped	Braised Beef (chopped) and Noodles
Cream of Wheat	Buttered Potatoes	Seasoned Green Beans
Scrambled Egg	Soft Cooked Broccoli	Peach Slices
Biscuit	Orange Mousse	Dinner Roll
Margarine	Dinner Roll	Margarine
Jelly	Margarine	Soft Cookie
Milk	Frosted Banana Cake	Iced Tea
Coffee	Milk	Sugar
Sugar	Tea	
Creamer	Sugar	

## FOOD GUIDE – MECHANICAL SOFT (DENTAL SOFT) DIET

FOOD GROUP	RECOMMENDED	AVOID
<b>Beverages</b>	All	None
<b>Breads and Crackers</b>	Soft breads, rolls crackers softened in soup or beverage Pancakes, plain muffins Biscuits	Breads with nuts, thick crusts Plain Dry bread, toast, or tough bread Breads with raisins if not tolerated Hard crackers
<b>Cereals and Grains</b>	Cooked cereals Dry cereals Pasta, noodles, rice Moist bread dressing	Cereals with raisins or nuts Granola-type cereals Coarse or dry cereals, such as shredded wheat or All Bran
<b>Vegetables and Potatoes</b>	Tender soft-cooked vegetables Vegetable juices	Raw or cooked vegetables with tough skins or seeds; fried or raw vegetables; cooked corn
<b>Fruits and Juices</b>	Fruit juices Ripe banana, melon, peeled peaches, pears Cooked or frozen fruit; applesauce Stewed prunes; other tender stewed dried fruit Canned peaches, pears, apricots, pineapple, fruit cocktail, citrus sections	Fruit with tough skin if not tolerated (e.g., raw apple, dried fruit) Fresh or raw strawberries
<b>Meat, Meat Substitutes, Entrees</b>	Tender meat, fish, or poultry Soft cheese Chopped or ground meats, poultry Soft casseroles Meat, fish, or egg salads Hard cooked or scrambled eggs Smooth peanut butter; liverwurst Yogurt without nuts or coconut	Tough fibrous meats (e.g., sausage casings) Fried eggs Yogurt with nuts or coconut
<b>Fats</b>	All except those to avoid	Fats with coarse, difficult-to-chew, or chunky additives
<b>Soups</b>	Most soups	Soups with tough meats or vegetables
<b>Desserts</b>	Cake, tender cookies Ice cream, sherbet, gelatin, custard, pudding, frozen yogurt Pie: cream, custard, pumpkin, soft fruit Flavored yogurt	Desserts containing nuts, coarse dried fruit, or tough fruit Deserts baked to a hard consistency
<b>Sugar and Sweets</b>	Soft candy Jelly, smooth jams	Candy containing tough fruits or nuts, hard candy

**Diet following temporomandibular joint surgery:** Foods such as breads, crackers, and cookies should be broken into small pieces before eating to avoid biting down or widely opening the mouth. Foods that may not be tolerated include: toast, unground meat, snack chips, foods containing coconut, and corn.