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COMMUNITY HOSPITALS AND WELLNESS CENTERS

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FIBER SOFT DIET

PURPOSE

To provide a diet which is easy to digest.

INDICATIONS

Indicated as a transition diet between a liquid diet and a regular diet for patients convalescing from surgery, during periods of decreased digestive ability, or when chewing or swallowing problems exist. The mechanical soft diet or the neurological soft diet should be considered for patients with difficulty in chewing or swallowing.

CHARACTERISTICS

The diet consists of foods generally considered easy to digest, chew and swallow. Foods that commonly cause distress are omitted. Small frequent feedings may be more readily tolerated. The individual's specific needs and foods intolerances should be considered in planning the diet.

NUTRITIONAL ADEQUACY

The diet is nutritionally adequate in all nutrients if the individual consumes a variety and adequate amounts of foods. The fiber content of the diet may be inadequate if whole grains are not consumed.

<u>FOOD GROUP</u>	<u>FOODS INCLUDED</u>	<u>FOODS OMITTED</u>
STARCH/ BREAD	White, fine rye without seeds, or fine whole wheat breads; saltine crackers, graham crackers, any mildly seasoned crackers without seeds, matzo, melba toast, plain rolls, hamburger & frankfurter buns (no seeds), french toast, waffles, pancakes, sweet breads without nuts or seeds, biscuits, cornbread, plain macaroni, noodles, spaghetti, rice, hominy; cream of wheat, cream of rice, grits, oatmeal, malt-o-meal, cornmeal, puffed wheat, puffed rice, cornflakes & other refined cereals	Course whole grain breads & crackers; breads & crackers with seeds, nuts or cracked wheat; cereals containing coarse whole grains, bran, nuts & seeds, such as bran flakes, shredded wheat & granola; wild rice
MILK	Milk, milk drinks, milk flavored beverages, cocoa; plain cheese, cottage cheese; plain puddings, custard, plain ice cream; cream cheese	Cheeses with seeds; puddings with nuts

<u>FOOD GROUP</u>	<u>FOODS INCLUDED</u>	<u>FOODS OMITTED</u>
MEAT	Roasted, baked, boiled, creamed or broiled tender lean beef, lamb, pork, veal, poultry, organ meats, fish, seafood & eggs; smooth peanut butter; crisp bacon, ham, canadian bacon, chipped beef	Deep-fried meats, fish & poultry; sausage, frankfurters, luncheon meat, corned beef, salt pork; anchovies, caviar, sardines, smoked fish; fatty or tough meat; strong flavored cheeses; crunchy peanut butter; highly cured, seasoned, smoked or pickled meats & fish, fried eggs
VEGETABLE	Cooked asparagus, beets, carrots, wax & green beans, peas, pumpkin, mushrooms, spinach & other cooked greens, summer & winter squash, canned or cooked artichokes, pureed corn, eggplant, tomatoes (no seeds or skins), tomato sauce & paste, pimento; baked, boiled, scalloped or mashed potatoes, sweet potatoes; vegetable juices or puree; iceberg & butter lettuce and other vegetables as tolerated	Raw vegetables except lettuce, if tolerated; fried vegetables; gas forming vegetables, such as: cabbage, broccoli, cauliflower, brussel sprouts, celery, lima beans, rutabagas, turnips, onions; dried beans & lentils, dried split peas, whole or cream style corn; fried potatoes; avoid seeds & skins
FRUIT	Canned, cooked or baked fruit without seeds & tough skins; any fruit juices; fresh ripe banana, fresh peeled orange, grapefruit, tangerine, mandarin oranges, lemon, lime sections without membrane; peeled ripe apricot, peach, nectarine or pear	All fresh fruits except those allowed; fruits with tough skins & seeds; uncooked dried fruits; candied fruits; whole cranberry sauce
FLUIDS	Coffee, tea, decaffeinated coffee & tea; carbonated beverages; non-carbonated fruit drinks; broth, bouillon	Alcohol
COMBINATION FOODS	Casseroles; creamed & broth based soups using allowed foods	Highly seasoned casseroles or those made with omitted foods; chili, bean soup, split pea soup, lentil soup or corn chowder
FATS	Butter, margarine, cream, sour cream; vegetable oils; plain gravies & cream sauces; mayonnaise; mildly seasoned salad dressings	Highly seasoned salad dressings; fried foods; highly seasoned gravy; potato chips, corn chips & similar snack foods

<u>FOOD GROUP</u>	<u>FOODS INCLUDED</u>	<u>FOODS OMITTED</u>
SWEETS	Plain cakes, plain frosting, plain cookies, pastries & pies without seeds, nuts or coconut; plain gelatin or with allowed fruits, fruit ice, sherbet; sugar, honey, plain jelly, syrup, molasses; plain sugar candies, plain chocolate candies, smooth chocolate	All desserts made with nuts, coconut, seeds, dried fruits, or fruits with small seeds; candy with seeds, nuts, coconut, or dried fruits; jams, preserves, marmalade
MISCELLANEOUS	Salt, spices in moderation, herbs, vinegar, flavoring extracts; mildly seasoned gravies & sauces; cocoa powder; the following seasonings & spices as tolerated: mustard, catsup, chili powder, basil, thyme, nutmeg, soy sauce, pepper, Worcestershire sauce	Highly seasoned foods; highly seasoned gravies & sauces; horseradish, olives, pickles, pickle relish, coconut, popcorn, nuts; mustard seed, chili pepper, garlic, all others not tolerated

SAMPLE MEAL PLAN

BREAKFAST

½ c. grapefruit juice
 ½ c. oatmeal
 1 scrambled egg
 1 slice fine wheat toast
 1 tsp. margarine
 1 T. jelly
 1 c. low fat milk
 2 tsp. sugar
 salt
 coffee/tea

LUNCH

½ c. apple juice
 4 oz. roast beef au jus
 ½ c. baked sweet potato
 ½ c. buttered peas
 4 oz. molded orange gelatin
 with bananas
 1 slice fine wheat bread
 1 tsp. margarine
 1 tsp. sugar
 salt
 coffee/tea

SUPPER

6 oz. Vegetable soup
 4 oz. baked chicken
 breast
 ½ c. parslid potatoes
 ½ c. green beans
 1 baked apple
 1 c. low fat milk
 1 slice fine wheat
 bread
 1 tsp. margarine
 1 tsp. sugar
 coffee/tea