

## Palate Soft Diet

The purpose of the palate soft diet is to prevent injury to the fragile tissues in the mouth and throat after having a surgery to that area.

### What is the safest way to feed my child?

- Place your child in a sitting position for feeding.
- Give fluids and foods from a cup or use the side of a spoon.
- Infants may use the nipple they were using before surgery.
  - Do not change nipples at this time.
  - **Do not use a pacifier.**
- Do not use straws or foods served on a stick

### How should I provide mouth care to my child?

- Use water to rinse mouth of leftover food.
- Clean teeth on the outside of the gums with moistened gauze. Do not use a toothbrush or sponge applicator.

### Tips to Prepare Food

You can use a **food processor** or **blender** to turn table foods into food that is smooth and easy to swallow. Prepared baby food is a good example of the consistency you will want to achieve. You will find that chicken or beef broth works well to blend with meats and vegetables. Fruit juice works best when blending fruit.

### Milk Allowed

- Infant formula
- All milk and milk drinks
- Milk-based soups
- Pudding and custard

- Ice cream and sherbet
- Yogurt without seeds or nuts
- Rice or soy milks

### Milk to Avoid

- Milk products with nuts or seeds
- Ice cream with candies or chips
- Yogurt with granola or pieces of whole fruit

### Meat and Meat Substitutes Allowed

- Soft cooked meats processed to puree
- Baby food meats: beef, chicken, veal, pork
- Cream soups
- Soft-cooked eggs
- Creamed cottage cheese
- Blended, cooked legumes such as lentils or black beans (baby food consistency)

### Meat and Meat Substitutes to Avoid

- Whole pieces of meat, fish, poultry
- Cold cuts, sausage, hot dogs
- Hard cooked eggs

### Vegetables and Fruits Allowed

- Fruit or vegetable juice
- Baby food fruits or vegetables
- Vegetables blended with broth
- Fruits blended with fruit juice
- Tomato soup
- Mashed, canned fruit without skins or seeds

### Vegetables and Fruits to Avoid

- Fresh fruit or canned with skins or seeds
- Fresh or canned, non-blended vegetables

- Thick or gummy mashed vegetables
- Fried or crisp-cooked vegetables
- Veggie chips/straws

#### **Breads and Cereals Allowed**

- Any cooked cereal that has been thinned with milk or water
- Soft-cooked macaroni and noodles
- Soft-cooked rice

#### **Breads and Cereals to Avoid**

- Breads, toast, buns, bagels
- Dry cereal, muffins, sweet rolls
- French toast, pancakes
- Crackers, cookies, popcorn
- Pretzels, chips

#### **Fats Allowed**

Butter, oils, dressings

#### **Fats to Avoid**

None

#### **Others Allowed**

Gelatin desserts

#### **Others to Avoid**

- Gum, caramels, lollipops
- Hard candy, jellybeans, sticky candy
- Honey, syrup, molasses
- Carbonated drinks

#### **Seasonings Allowed**

Sugar, salt

#### **Seasonings to Avoid**

Other spices (pepper, chili powder)

#### **Who to Call**

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below.

You can also visit our website at

[www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#246