

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.

Safest Way to Feed Your 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 to Provide Mouth Care to Your 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
- Oat 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 scrambled eggs
- Creamed cottage cheese
- Blended, cooked legumes such as lentils or black beans (baby food consistency)
- Tofu

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 the phone number listed below.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH)
(608) 890-5500

You can also visit our website at:

www.uwhealth.org/nutrition.

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 © 7/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#246