

Surgical Soft Diet

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A surgical soft diet includes foods that are soft in texture. These foods are bland and easy to digest while giving you the nutrition you need. This diet is used for patients who are not ready for foods high in fat, fiber, acid content or too many spices. Surgical soft foods include cooked fruit and tender vegetables; baked, roasted, and stewed meats; as well as refined breads, cereals, and pastries.

If you have any questions about this diet while you are in the hospital, please ask your nurse to contact the dietitian or dietetic technician.

Foods that Are Okay to Eat

- Mashed potatoes
- Refined pasta, rice, and bread
- Bagels without nuts or fruit
- Eggs
- Soft, cooked/stewed meat
- Fish
- Yogurt
- Ice cream
- Cottage cheese
- Pudding
- Cooked soft vegetables
- Cooked or soft canned fruit
- Soups or stews
- Blenderized foods such as shakes and smoothies.

Foods to Avoid

- Raw foods with skin, seeds, and pulp such as fresh fruit and vegetables
- Fried foods
- Spicy foods
- Tomato juice and products
- Orange juice
- Nuts and seeds
- Crunchy chips or crackers

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.

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

Nutrition clinics for UW Medical Foundation (UWMF)
(608) 287-2770

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 © 9/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#378.