



Soft and Liquid Food Ideas

Easy to eat, nourishing mini-meals and snacks.

Soft scrambled **eggs** or omelets. Add **cheese** for more calories. **Have with grits, potatoes, etc.**

Macaroni and **cheese, casseroles, soufflés**. Use extra **cheese, milk**, butter when making.

Grits, oatmeal, or cream of wheat. Make with **milk**, add butter and sugar (or **cheese** to grits).

Mashed potatoes, soft, cooked rice or pasta. Add **milk, butter, cheese, cottage cheese**.

Soups – **Bean, potato, split pea**, vegetable (pureed if needed), tomato made with **milk**.

Chicken, tuna, or ham salad. Mashed, made with mayonnaise.

Prepared frozen processed foods like spinach soufflé, **pot pies, tamales**.

Very soft, cooked **beans** like pintos, or hummus. Eat as is or serve as a dip or spread.

Soft fruit: Bananas, melons, applesauce, canned fruit (unsweetened). Eat with **cottage cheese**.

Puddings made with whole **milk**. Bread pudding, rice pudding, tapioca.

Jell-O. Make with fruit juice instead of water and add **¼ cup dried egg whites** (not raw egg whites) or **cottage cheese** if making from scratch. Add soft, canned fruit.

Milkshakes and smoothies, popsicles.

Yogurt. Look for Greek yogurt or full fat versions.

Supplements. Drink between or after meals. Use the “plus” version for more calories. Get one with calories and protein, not just protein.

Milk. **Whole milk, chocolate, or soy milk** have protein and calories. Almond, coconut oat, and rice milk have fewer calories and very little protein.

Fruit. Fruit juices and nectars are fine if tolerated. Dilute if necessary.

Vegetables. Tomato or vegetable juices or juice blends are a nice break from the sweet liquids. Avoid if too acidic

**Use lactose free milk and cottage cheese if lactose intolerant.

Foods in **bold** contain protein.