



Soft Diet after Dental Implant Placement

We often recommend a soft diet for the first ***8 weeks*** after your implant surgical procedure. Below are some soft diet suggestions and recipes you can try at home to make your soft diet more enjoyable! Suggestions for soft diet items:

- Mashed potatoes
- Soft pasta with sauce
- Tomato soup
- Scrambled eggs
- Apple sauce
- Jell-O
- Yogurt
- Cottage cheese
- Soft bread
- Ice cream
- Pudding
- Fruit smoothies (Avoid fruits with small seeds such as raspberries and blackberries)
- Milkshakes
- Meal replacement (Such as Ensure, Carnation, etc.)

Recipes:

Easy Fruit Smoothie

Ingredients:

- 1 can of Mandarin Oranges (including Syrup)
- 2 frozen bananas, peeled & sliced
- 2 cups frozen strawberries
- 1 ½ cups of milk

Directions: Add all ingredients in the order listed above to the blender. Be sure to hold down the lid and blend on low speed for 30 seconds. Then blend on high speed for 1 minute.

Baked Cod

Ingredients:

- 1 ½ lbs. cod fillet (fresh or frozen)
- 1-2 tbsp. butter
- Salt & pepper
- 4 tomatoes, sliced
- 2 c. Swiss cheese
- ½ c. half and half



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Directions: Remove skin and bones. Dry with paper towel. Preheat oven to 375 degrees. Melt butter in baking dish. Place fish topped with tomato slices. Sprinkle with cheese and pour cream overall. Bake 25 minutes or until fish flakes.

Sweet Potato Soufflé

Ingredients:

1 can sweet potatoes, cooked and mashed

1 tbsp. soft diet butter

1/3 c. hot skim milk

2 tsp. salt Pepper, as desired

2 eggs whites, stiffly beaten

Directions: Add hot milk and butter to sweet potatoes and beat until fluffy. Add lemon rind, salt, and pepper. Fold in stiffly beaten egg whites. Bake in greased casserole at 400 degrees for 35 minutes.