

## Soft Foods List:



Rice,  
Eggs,  
Pasta Dishes,  
Cooked Veggies,  
Mashed or  
Baked Potatoes

Jell-O,  
Yogurt, Pudding,  
Smoothies, Milkshakes,  
Soup, Cereal, Applesauce

Pancakes,  
Grilled Cheese,  
Cottage Cheese,  
Peanut Butter &  
Jelly Sandwiches

***Use your best judgement! These items are just some suggestions for when experiencing any soreness from adjustments.***