

# SOFT FOODS GUIDE AFTER TOOTH EXTRACTION

Tips: Eat cool/soft foods Day 1. Chew opposite side. Small bites. Room-temp drinks.

## **Ideas:**

- Yogurt with mashed berries
- Applesauce
- Mashed potatoes
- Smoothies (no straw)
- Scrambled eggs (Day 3+)
- Oatmeal with banana
- Avocado soup

Soft foods provide essential nutrients like proteins, vitamins, and minerals while easing digestion and supporting recovery.

Examples: Yogurt for calcium/protein; pureed veggies for fiber/vitamins; smoothies for antioxidants.