

Because of your recent operation, it is advisable that you follow a soft diet until you can tolerate all foods in your regular diet. This diet helps you avoid foods that may be irritating to you following the operation.

## HELPFUL HINTS

- Broil, roast, bake, or stew meats.
- Fruits and vegetables should be well cooked or canned.
- Caffeine-free drinks are allowed.
- Eat fat in moderation.

## FOODS TO AVOID

Caffeinated beverages or desserts.

Any foods containing nuts, seeds, raisins, prunes, coconut, or dates.

Fried foods.

Highly spiced entrees or condiments.

Hot sauce, horseradish, pepper, and seeded mustards.

Chocolate.

Sharp or highly seasoned cheeses.

Heavy sauces or gravies.

Highly processed lunch meats, sausage, and hotdogs.

Bran or whole grain cereals and breads.

Wild rice.

Potato skins.

Corn, radishes, turnips, chili peppers, pinto beans, Brussels sprouts, onions, broccoli, cabbage, split peas, dried beans, parsnips.

Fruit with skin or seeds.

Chunky peanut butter.

## SAMPLE MENU

### Breakfast

*Orange juice*

*Banana*

*Pancakes with margarine and syrup*

*Corn flakes*

*Milk*

*Decaffeinated coffee or tea*

### Snack

*Fruit cocktail*

### Lunch

*Shredded lettuce salad with dressing*

*Hamburger on bun with catsup*

*Cooked carrots*

*Canned pears*

*Red gelatin with whipped cream*

*Milk*

*Decaffeinated iced tea*

### Snack

*Frozen yogurt*

*Vanilla wafers*

### Dinner

*Cream of spinach soup*

*Vegetable beef stew with biscuit*

*Rice*

*Fruit cocktail*

*Tapioca pudding*

*Decaffeinated tea, coffee, or iced tea*