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Post-Op  
**\* food list \***

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Example of soft diet:

NOTHING THAT REQUIRES CHEWING!

soup  
pudding  
yogurt  
ice cream (plain)  
refried beans  
jello  
mashed potatoes  
mac & cheese  
eggs  
rice

**yes : )**

Foods to stay away from:

HARD, STICKY, OR CHEWY FOODS

**: ( no**

popcorn  
chips  
fruit roll-ups  
nuts  
ice  
chewy candy