



## **Foods to Eat After Oral Surgery**

- Apple sauce
- Yogurt
- Soups
- Eggs
- Jell-O
- Mushed up fruits such as bananas or avocados
- Well cooked vegetables
- Mashed potatoes
- Fish
- Rice
- Well cooked pasta
- Smoothies (avoid seeds)
- Oatmeal
- Popsicles
- Ice Cream
- Milkshakes (eat with spoon – do not drink with straw)
- Pudding
- Mushy peas
- Beans
- Soft cheeses
- Hummus