

“Mushy” Diet Suggestions

- DAILY VITAMINS!
- Anything put through a food blender
- Cream of Wheat, oatmeal, Malt-o-Meal
 - Mashed avocado
 - Applesauce
- Mashed potatoes, baked potatoes (okay with butter and sour cream)
- Mashed banana or any other kind of mashed blended fruit EXCEPT nothing that is a berry with seeds
 - Broth or creamed soup
 - Mashed steamed vegetables
 - Creamy peanut butter
 - Eggs (melted cheese is okay to add)
- Omelets (can have melted cheese, avocado)
 - Pudding, gelatin, ice cream, yogurts
- Milkshakes, smoothies DO NOT blend with berry that has seeds
 - Nutritional Drinks (Ensure, Slim Fast)

Starting seven to ten days after treatment soft foods may be allowable.

The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following LANAP treatment. You were introduced to this material by your doctor or your doctor’s assistant during your follow-up visit immediately following your initial treatment. Remember that you must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced. Soft foods have consistency of pasta, fish, chicken, or steamed vegetables. You may then gradually add back regular diet choices.