

DIVERTICULITIS DIET (SOFT DIET)

The soft diet is considered to be a “diet as tolerated.” The following list will be used as a guideline, however foods are included or excluded from the diet, based on individual tolerance. The soft diet can be used as a short-term step in the progression from liquid to solid foods.

FOOD GROUPS	ALLOW	AVOID
Beverage	Coffee, tea; decaffeinated coffee; cereal beverage; carbonated beverage	None
Meat	Any tender meat, fish or fowl; eggs; cottage cheese; mild cheese; cream-style peanut butter	Fried; highly seasoned (such as cold cuts); strong cheese
Fat	Butter; margarine; cream; vegetable oil; crisp bacon; avocado; gravy; cream sauce; mildly seasoned salad dressings*	Olives; nuts, highly seasoned salad dressings*
Milk	Milk and milk beverages; yogurt made with allowed fruits	All others
Starch	Any product made with white, refined wheat, light rye or graham flours; refined cereals; potato; rice; noodles; pasta	Any product made with coarse, whole grains; any containing seeds, nuts or dried fruits; any fried
Vegetable	Cooked mild-flavored vegetables: asparagus, green or wax beans, beets, peas, carrots, spinach, mushrooms, pumpkin, tomato juice, squash	All other cooked vegetables; all raw vegetables
Fruit	All juices, cooked or canned fruits: applesauce, apricots, cherries, peaches, pears, pineapple; raw fruit: banana and citrus fruit only without membrane	All other cooked fruits; all other fresh fruit; dried fruits
Soup	Broth; bouillon; cream or canned soups made with foods allowed	All others
Dessert	Gelatin, sherbet; ice cream; custard; pudding; cake; cookies; pastry	All others; any with coconut, nuts or disallowed fruit
Sweets	Sugar; honey; jelly; candy	Any with coconut, nuts or disallowed fruit
Miscellaneous	Salt; pepper; mild spices* and herbs*, catsup*, vinegar; chocolate	Strong spices*, mustard*; pickles; horseradish

* Inclusion of spices and seasonings may be modified according to the tolerance and usual food preferences of the patient.