

## Post-Operative Palate Diet Recommendations

**True liquid diet: Must be drinkable; no use of silverware/utensils or straws**

**Timeframe for true liquid diet: \_\_\_\_\_**

- Drinks – no ice in drinks
  - Milk (whole, 2%, chocolate, Lactaid, Soy, Almond)
  - Juice (apple, orange, grape, cranberry, vegetable)
  - Hot chocolate
  - Sprite/diet Sprite
  - Powerade/Gatorade
  - Water, Seltzer, Crystal Light/Mio or other flavored waters
  - Iced Tea
  - Ovaltine, Carnation Instant breakfast
  - Kefir or thin drinkable yogurt
  - *Agua de panela* (Colombian drink)
  - *Limonada* (lemonade)
  - *Agua de Jamaica* (Mexican drink)
  - *Agua de cualquier fruta sin añadir azúcar!*
- Shakes
  - Milkshakes (no chunks)/*Malteada (sin contenido sólido)*
  - Smoothies/yogurt drinks (no fruit chunks)/*Liculado*
  - Pediasure
  - Any other preferred protein shakes or supplements
  - *Horchata*
  - *Incaparina*
- Soup broth – no meat/vegetable chunks (*caldo - sin contenido sólido*)
  - Chicken
  - Tomato
  - Beef
- *Pinole/Atole*
- Melted popsicles – no stick/*paleta derretida*
- Melted ice cream/*helado/nieve derretido*

**Puree diet: Includes everything on the true liquid diet PLUS the following spoonable items**

**Timeframe for puree diet: \_\_\_\_\_**

- Cooked cereals – add in butter, milk, brown sugar, cinnamon, yogurt for extra calories
  - Infant rice cereal/*papilla de cereal/arroz*
  - *Maizena diluido con leche o agua /Atole*
  - Cream of wheat – thinned with milk/ *maizena diluido con leche o agua*
  - *Avena molido/diluido*
- Soup
  - Cream soups (potato, cream of chicken, mushroom – without chunks)
  - *Sopa vegetales molido (sin contenido sólido)*
  - *Cremas de vegetales (broccoli)*

## Post-Operative Palate Diet Recommendations

- Ice cream, sherbet – no chunks, add chocolate syrup for extra calories
- Prepared pureed baby foods/*papilla o compota*
  - Pears
  - Peaches
  - Pineapple
  - Bananas
  - Chicken
  - Beef
  - Turkey
  - Green beans
  - Refried beans
  - Peas
  - Carrots
  - Avocado
  - Mixed vegetables
  - Butter nut squash
  - Sweet potatoes
- Applesauce any flavor - no chunks
- Pudding
- Jell-O /*gelatina*
- Yogurt
- Hummus
- Any favorite soft foods blended down to pudding or puree consistency, can thin foods with broths, cream or liquids. May need to strain out chunks. May add butter, oils or cream to add fat and calories.

**Soft food diet:** Includes everything on the true liquid and puree diets PLUS the following

**Timeframe for soft food diet:** \_\_\_\_\_

- Cooked cereals – add in butter, milk, brown sugar, cinnamon, yogurt for extra calories
  - Cream of wheat/ *maizena*
  - Oatmeal/*avena*
- Soft (overcooked) pasta
  - Mac and cheese
  - Buttered noodles/ *fideos*
  - Spaghetti (cut noodles in small strands)/ *tallarines*
  - Alfredo
  - SpaghettiOs
  - Ravioli
  - Rice
- Quesadillas, bean/cheese burrito, – guacamole for extra calories (*pure de avocado/aguacate/palta*)
- *Malanga*

## Post-Operative Palate Diet Recommendations

- Soft cooked meat
  - Ground beef /carne molida
  - Pulled pork
  - Shredded chicken
  - Tuna
  - Deli meats (*carnes frias/fiambres*)
- Almost any kind of soup without bones or undercooked vegetables
- Soft very syrupy pancakes or waffles
- Mashed potatoes, sweet potatoes, or squash with gravy, butter, or cheese
- Soft, overly-steamed vegetables
- Scrambled and hard-boiled eggs
- Cottage cheese, tapioca or rice puddings
- Soft canned or cooked fruits like peaches, pears, mandarin oranges, plums, cut into small bites, crushed pineapple, ripe banana, ripe mango, ripe avocado
- Soft canned vegetables like peas, green beans, corn, sweet potatoes
- Soft white sandwich bread with butter, jelly, or mayonnaise
- Condiments like guacamole, salsa, ketchup, mustard, mayonnaise, salad dressing are all okay

**No hard, crunchy, chewy, or sticky foods until cleared by surgeon.**

**Examples: No crunchy raw fruits and vegetables like apples, carrots, celery, broccoli, cauliflower, green beans, snap peas; No crunchy cookies, no corn chips, potato chips, or similar items; No hard toast, crackers, croutons, pizza crusts; No peanut butter or other sticky nut butters on their own**

**\*\*If you have any questions regarding a specific food/food group, please call our office to discuss.**

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