



ORAL SURGERY ASSOCIATES & DENTAL IMPLANT CENTERS

TEETH IN A DAY FOOD IDEAS:

LIQUID MEAL REPLACEMENTS (3 TIMES A DAY)

- Boost- Complete Nutritional Drink
- Ensure- Nutrition Shake
- Premier Protein- Nutritional Drink
- Protein Shakes
- Fruit Smoothies

OTHER ESSENTIAL FOODS

- Broths
- Blended Soups
- Creamed Soups
- Stews (pureed)
- Soft Tofu
- Yogurt
- Cheeses (Cottage, Ricotta, ETC.)
- Ice- Cream, Custard, Sherbet
- Milkshakes

SOFT FOODS

- Scrambled Eggs
- Egg Salad
- Avocados (Guacamole-pureed)
- Hummus
- Jell-O
- Pudding
- Oatmeal
- Pasta (cooked longer than suggested cooking)
- Mashed Potatoes
- Refried Beans
- Souffle
- Baked Soft Fish
- Vegetables (cooked, mashed, pureed)