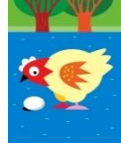


Food List



When recovering from multiple extractions or other extensive dental work, it can be difficult to chew certain textures and types of foods. It is important to remember to try for high protein foods to prevent weight/muscle loss. Here are some examples:

Yogurt- Greek yogurt is high in protein and filling. Experiment with flavors to keep from getting bored. Also, we like the organic Stoneyfield Farm Yogurt tubes- they are great frozen!

Cottage Cheese- Believe it or not, this can be quite versatile. Try adding some black pepper or chili powder for a savory flavor. For a sweet treat, add a teaspoon of apple or pumpkin butter. Trust me, it's delicious!

Legumes- Try a warm cup of black bean or lentil soup. Or some crockpot meatless chili. Hummus also makes a great snack.

Tofu- Who doesn't love tofu? This is a blank canvas. You can marinate it to your taste. Crumble it with some steamed vegetables for a tofu-scramble. My favorite is a chocolate mousse made from melted chocolate chips and silken tofu in the blender- chill and enjoy. (This is a great recipe to fool your kids with!)

Eggs- So versatile! Try scrambles eggs with black beans avocado and salsa. Or Eggs Florentine, if you like spinach. A frittata is easy and can be made in many combinations. We like diced tomatoes with fresh basil and goat cheese in ours. Hey, how about some egg salad?

Fruit smoothies- Just surf the web and you will be inundated with thousands of smoothie recipes. This is a sneaky place to add some tofu for extra protein.

Fish- Soft white fishes work well- like flounder or sole. You can also have some tuna salad.

On the go?-Try premade protein rich shakes, like **Boost!**, **Ensure**, or **Carnation Instant Breakfast**. Peanut butter and almond butter also come in travel packs that are a great way to get some protein and keep your blood sugars stable while on the run.

Now, what should you avoid?

Nuts/seeds; raw fruits (like apples and corn on the cob); spicy and/or acidic foods; meat/chicken should be cut small or blended until healed; bagels or tough breads.