

# **Grocery Shopping List**

***Soft Diet*** (for people with difficulty chewing)

## Grains/Starches

- Oatmeal
- Cream of Wheat®
- Bread
- Pancakes
- Potato (mashed)
- Spaghetti

## Dairy Products

- Low fat or nonfat milk
- Cottage cheese
- Yogurt
- Pudding
- Ice cream
- Custard
- Sliced processed cheese

## Fruit/Vegetables

- Banana
- Applesauce
- Canned peaches
- Canned pears
- Canned vegetables (peas, green beans, carrots)

## Meats/Meat Alternatives

- Eggs (*poached, scrambled*)
- Ground meats

## Miscellaneous

- Gravy
- Jell-O®
- Soups



## **Foods to Avoid**

- Fruits or vegetables with skins
- Meats that are not ground