

50 Soft Foods to Eat After Tooth Extraction

General Guidelines for Post-Tooth Extraction Diet

The texture and temperature of the food you eat are just as important as the types of food you eat. Here is a list of foods to choose from and foods to avoid after a tooth extraction.

Foods to Choose

- **Soft and easy to chew:** Opt for foods that require minimal chewing and are gentle on the extraction site, like mashed vegetables and soft fruits.
- **Cool or room temperature:** Foods that are too hot can irritate the extraction site. Cool or room-temperature foods are more soothing.
- **Nutrient-rich:** Focus on foods that are high in vitamins, minerals, and protein to aid in healing.

Foods to Avoid

- **Crunchy foods:** Avoid nuts, seeds, chips, and hard breads as they can irritate or get lodged in the extraction site.
- **Acidic foods:** Citrus fruits can cause discomfort and irritation, so it's best to limit these.
- **Spicy foods:** These can irritate the extraction site and should be avoided in the early stages of healing.
- **Alcoholic beverages:** Alcohol can interfere with the healing process and should be avoided.
- **Extremely hot foods and beverages:** These can cause discomfort and may dislodge the blood clot.
- **Sugary foods and beverages:** While soft, they can increase the risk of tooth decay and the development of heavy plaque, especially if oral hygiene is challenging post-extraction.

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| 1. Applesauce | 10. Cream of wheat |
| 2. Baked apples | 11. Creamed spinach |
| 3. Baked beans | 12. Custard |
| 4. Baked sweet potatoes | 13. Egg salad |
| 5. Baby food | 14. Fish |
| 6. Broth-based soups | 15. Frozen yogurt |
| 7. Chia Pudding | 16. Greek yogurt |
| 8. Cooked vegetables | 17. Gnocchi |
| 9. Cottage cheese | 18. Ground chicken |
| | 19. Hummus |

20. Ice cream
21. Jell-O
22. Lentil soup
23. Macaroni and cheese
24. Mashed avocado
25. Mashed bananas
26. Mashed potatoes
27. Mashed pumpkin
28. Meatloaf
29. Milkshakes
30. Muffins
31. Nut butters
32. Oatmeal
33. Pancakes
34. Polenta
35. Porridge
36. Protein powder
37. Pudding
38. Pureed fruit
39. Pureed soups
40. Quinoa
41. Refried beans
42. Rice pudding
43. Risotto
44. Scrambled eggs
45. Shepherds pie
46. Smoothies
47. Soft bread
48. Soft cheese
49. Soft pasta
50. Tofu