



Soft, Moist Food Ideas

There may be times during your cancer treatment that it may be difficult to eat. Often soft, moist foods or liquids are the easiest to eat. Try the suggestions below to help you choose foods that will maintain your nutrition.

Soft Food Ideas

- ◆ Cold cereal soaked in milk or cream
- ◆ Scrambled eggs, omelets or quiche
- ◆ Pancakes or French toast with butter and syrup or fruit sauce
- ◆ Macaroni and cheese, pasta dishes with a cheese, cream or tomato/cream sauce
- ◆ Buttered noodles with parmesan cheese
- ◆ Perogies with sour cream
- ◆ Pasta or potato salad
- ◆ Egg salad, tuna salad, pate, liverwurst, guacamole, hummus or cream cheese spread on a slice of soft, crustless, buttered bread
- ◆ Chunky soups, stews, Shepherd's pie or pot pies
- ◆ Chicken a la King, creamed salmon or seafood
- ◆ Baked beans
- ◆ Fish poached or cooked in a sauce
- ◆ Soft cooked vegetables with a cheese or cream sauce
- ◆ Melon, avocado, bananas
- ◆ Canned fruit (packed in heavy syrup) with cottage cheese
- ◆ Cream pies or sponge cake with custard sauce
- ◆ Cookies dunked in hot chocolate, coffee or tea

Extra Soft Food Ideas

- ◆ Soft boiled or poached eggs
- ◆ Hot cereals such as oat bran, cream of wheat, corn meal, oatmeal, congee
- ◆ Plain or flavoured yogurt or Minigo®
- ◆ Cottage cheese
- ◆ Hearty broth based soups, borscht, congee, cream soups or chowders (blended if necessary)
- ◆ Split pea, lentil or bean soup
- ◆ Ground beef, pork, lamb, chicken or turkey cooked in gravy
- ◆ Add strained "baby" meats or canned fish to soups, sauces or gravies
- ◆ Mashed potatoes, carrots, turnips, yams or squash
- ◆ Creamed corn or blended vegetables
- ◆ Cooked puddings such as tapioca, rice, bread or custard
- ◆ Ice cream, sherbet or other frozen desserts
- ◆ Jell-O® or instant pudding mixes
- ◆ Applesauce, stewed, mashed or pureed fruits
- ◆ Flavoured dessert tofu

Liquid Food Ideas

- ◆ Toddler breakfast cereals or rice cereals thinned with milk
- ◆ Carnation Instant Breakfast ®
- ◆ Meal replacement drinks (Boost Plus®, Ensure Plus®, Meal Cal Plus®)
- ◆ 2%, whole or chocolate milk
- ◆ Soy milk or almond milk
- ◆ Milkshakes or fruit smoothies
- ◆ Yop® (yogurt drink)
- ◆ Eggnog (store bought)
- ◆ Buttermilk
- ◆ Hot chocolate or café au lait
- ◆ Ovaltine® or Postum® made with milk
- ◆ Strained or blended soups
- ◆ Juices or nectars such as carrot, grape, apple, pear, guava, peach, apricot, cherry or lychee (diluted if necessary)
- ◆ Iced tea or fruit flavoured drinks such as Kool Aid®
- ◆ Carbonated drinks (flat)
- ◆ Popsicles, sherbet, ice cream, frozen yogurt bars

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.