

Soft Foods to Eat After Wisdom Tooth Removal

Soups and Broths

- Chicken noodle soup
- Creamy tomato soup
- Vegetable broth

Mashed Foods

- Mashed potatoes
- Mashed sweet potatoes
- Mashed cauliflower

Smoothies

- Banana and yogurt smoothie
- Berry protein smoothie
- Spinach and avocado smoothie

Soft Fruits

- Applesauce
- Ripe bananas
- Stewed pears

Dairy Options

- Yogurt (plain or flavored)
- Cottage cheese
- Pudding

Soft Grains

- Oatmeal
- Cream of wheat
- Soft-cooked rice
- Cooked pasta

Protein Sources

- Scrambled eggs
- Soft tofu
- Hummus

Vegetables

- Steamed carrots
- Cooked spinach
- Mashed pumpkin

Desserts

- Jello
- Soft cakes or muffins
- Ice cream or sorbet

These soft food ideas are gentle on your digestive system while providing essential nutrients for healing.