



Light Diet (Soft Diet)

Description:

The light diet includes foods that are well tolerated by patients whose digestion is impaired as a result of surgery or illness. The diet is modified from the regular menu excluding foods high in indigestible cellulose and the less digestible connective tissue of meats, very coarse breads and cereals, and very highly seasoned food. Foods may be prepared in any way except fried. The light diet may include foods which are somewhat soft in texture and easy to chew, although food tolerances may vary among individuals. Foods on the regular diet which are tolerated by the individual are allowed.

Adequacy:

The light diet provides the variety and quantity of foods necessary to plan menus that will meet the Recommended Daily Dietary Allowances of the Natural Research Council for the average adult. It may be necessary to plan to include foods high in iron to meet the needs of pre-menopausal women.

Food Group	Food Allowed	Food Not Allowed
Milk Group (2 cups daily): Milk	All types as desired	Milk drinks or yogurt containing whole fruits or berries with seeds or skins.
Meat Group (2 servings Daily): Meat, Poultry and Fish	Tender beef, veal, lamb, lean pork, mild ham, fish, liver or poultry. It may be chopped or ground for ease of eating.	Tough meat: barbequed, fried, smoked and other highly seasoned meats; frankfurters, luncheon meats, sausage.

Cereals	Cooked cereals such as farina, cream of wheat, oatmeal; refined cereals such as cornflakes, rice cereals, puffed wheat or rice.	Bran and whole grain cereals. Fried potatoes, potato skin, corn, dried beans and potato chips, wild rice.
Starchy	White sweet potato (no skin), macaroni, noodles, spaghetti, grits, white rice, green English peas.	Fried potatoes, potato skins, corn, dried beans and potato chips, wild rice.
Miscellaneous Foods:		
Fats	Butter, margarine, cream, cream substitute, mayonnaise, shortening, vegetable oil, whipped topping, gravy, mild salad dressing, crisp bacon.	Fried foods, lard, salt pork.
Soups	Soups made from allowed foods.	Soups containing prohibited vegetables and those high in fat.
Desserts and sweets	Plain cake and cookies, custard, plain ice cream, plain puddings (rice, tapioca, bread and cornstarch), gelatin desserts, plain candies, chocolate, honey, jelly, sugar, syrup, plain frosting.	Rich pastries, desserts containing nuts, seeds, coconut, raisins and dried fruits.
Beverages	Coffee, tea, decaffeinated coffee, cocoa and carbonated beverages.	Alcoholic beverages.

Light Diet – Sample Menu Plan



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Suggested Meal Pattern	Sample Menu
Breakfast : Fruit or Juice Cereal Breakfast Meat Bread Margarine Milk Beverage	Breakfast: Orange Juice Oatmeal Poached Egg Toast Margarine Milk Coffee
Noon Meal: Meat or Meat Substitute Potato Or Substitute Vegetable Bread Margarine Fruit or Dessert Beverage	Noon Meal: Broiled Chicken Mashed Potato Green Beans White Bread Margarine Vanilla Ice Milk Iced Tea with Lemon
Evening Meal: Soup or Juice Meat or Meat Substitute Vegetable(s) Bread Margarine Fruit or Dessert Milk Beverage	Evening Meal: Cranberry Juice Cheese Soufflé Carrots Plain Roll Margarine Canned Peaches and Plain Cookies Milk Iced Tea with Lemon