



This transition leaflet is part of a series produced by the North West Cleft Lip and Palate Network.



You must always discuss your treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment. This information can be made available in other languages and formats if requested.

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## Soft Food Diet

If you are having speech surgery or jaw moving surgery you will be told that you need to stick to a soft diet for a while after the surgery. We've put together a rough guide of the types of food you can eat:

Mashed potato.

Pasta.

Beans.

Soup.

Scrambled egg.

Porridge.

Softened cereals.

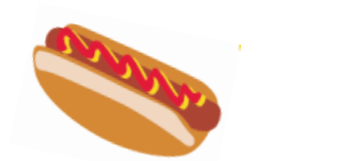
Yoghurt.

Custard.

Milshakes



Hotdog sausages (skinless).



Soft white fish.



Well cooked vegetables such as broccoli and carrots.

**Handy Hint:** Most foods can be soft foods if you cook them for long enough!

If you are unsure about what you can and can't eat let a member of the Cleft Team know. Our Speech and Language Therapist will be able to offer you further guidance.

