

25 Soft Food Ideas After a Tooth Extraction

These foods are gentle on the mouth and appropriate during the early stages of healing.

Introduce them gradually and stop if discomfort increases.

1. Mashed potatoes
2. Yogurt
3. Applesauce
4. Scrambled eggs
5. Cottage cheese
6. Smoothies without seeds or straws
7. Oatmeal
8. Cream of wheat
9. Pudding
10. Jell-O
11. Ice cream without mix-ins
12. Sorbet
13. Blended soups that are cooled
14. Broth
15. Macaroni and cheese
16. Soft pasta with smooth sauce
17. Mashed avocado
18. Hummus
19. Refried beans
20. Ricotta cheese
21. Soft tofu
22. Pancakes soaked with syrup
23. Banana mash
24. Soft rice porridge
25. Protein shakes eaten without a straw