

**Provide this form at the beginning of Phase 1**

As part of your TM joint therapy it is important to keep a soft food diet as recommended by your doctor. The following is a list of recommended foods but is not intended to be all inclusive. Good nutrition should always be considered when making your soft food choices. Foods that are high in nutrition and fiber and low in sugar and fat should always be considered. Juicing and protein drinks that are high in nutrition are also recommended. Your progress will be more rapid and you will potentially heal faster by following a soft food diet.

- Oatmeal
- Mashed Potatoes
- Cauliflower, mashed (a good substitute for potatoes)
- Pasta
- Bread, look for more nutritious softer kinds with soft or no crust
- Cheese (cottage and processed)
- Cooked or steamed vegetables
- Banana
- Turkey and chicken - thinly sliced and well cooked
- Turkey- ground
- Fish, steamed or grilled
- Pancakes
- Applesauce
- Yogurt
- Pudding
- Jello
- Milk Shakes and smoothies
- Eggs - scrambled and poached
- Liver

**Items to avoid:**

- Corn chips
- Hard bread crusts
- Corn nuts
- Sunflower seeds and other seeds requiring shelling
- Raw fruit
- Raw vegetables including lettuce
- Tough meat
- Chewing gum
- Chewing ice
- Hard candy
- Sticky candy, caramel etc

Patient Signature

Parent/Guardian Signature