

## No Chew Diet Suggestions (After Month #1)

- **Congratulations you have made it to the 2<sup>nd</sup> month!**
  - Please DO NOT eat anything that you cannot mash with the back of a fork
  - Please DO NOT eat anything with hard or sharp edges such as chips, popcorn, crusty bread, breakfast bars, etc
  - **ABSOLUTELY DO NOT** eat any hard foods such as carrots, chips, apples, salads, gum or nuts!
  
- **NO CHEW DIET SUGGESTIONS (DO NOT** eat anything that you must chew first)
  - **Includes all items from liquid diet suggestions**
  - **Soups**
  - **Scrambled/soft boiled eggs**
  - **Grits**
  - **Mashed potatoes**
  - **Pasta—well cooked**
  - **Fish**
  - **Pancakes**
  - **Canned/potted meat**
  - **Oatmeal**