

Soft, Moist, and Liquid Food Ideas

There may be times when it is difficult to eat. **Often soft, moist foods or liquids are the easiest to eat.** Try the food and drink ideas below to help you get the nutrition you need.

Soft food ideas

- Baked beans or other soft cooked peas, beans, or lentils with sauce
- Buttered noodles with parmesan cheese
- Chunky soup or stew
- Cold cereal soaked in milk or cream
- Creamed salmon or seafood
- Egg salad, tuna salad, paté, liverwurst, guacamole, hummus, or cream cheese spread on soft, crustless, buttered bread
- Fish cooked in sauce
- Macaroni and cheese, pasta dishes with a meat, cheese, cream, or tomato/cream sauce
- Meatloaf
- Pancakes or French toast with butter and syrup or fruit sauce
- Pasta or potato salad
- Perogies with sour cream
- Ripe melon, avocado, or bananas
- Scrambled eggs, omelets, or quiche
- Shepherd's pie or pot pie
- Soft cooked chicken, turkey, beef, pork, or other meats with sauce
- Soft cooked vegetables with a cheese or cream sauce
- Canned fruit (packed in heavy syrup) with cottage cheese
- Cream pie or sponge cake with creamy sauce
- Cookies dunked in milk, hot chocolate, coffee, or tea



Very soft food ideas

- Applesauce or other pureed fruits
- Boiled or poached eggs
- Cottage or ricotta cheese
- Creamed corn or blended vegetables
- Flavoured dessert tofu
- Flavoured gelatin or instant pudding mixes
- Ground meats cooked in gravy, such as beef, pork, lamb, chicken, or turkey
- Hearty broth-based soups, borscht, congee, cream soups or chowders (blended if needed)
- Hot cereals such as oat bran, cream of wheat, cornmeal, oatmeal, or congee
- Ice cream, sherbet, or other frozen desserts
- Mashed potatoes, carrots, turnips, yams, or squash
- Plain or flavoured full fat Greek or Icelandic yogurt
- Puddings such as chocolate, tapioca, rice, bread, or custard
- Pureed beef or chicken baby food, or canned fish added to soups, sauces, or gravies
- Split pea, lentil, or bean soup
- Stewed or mashed fruits



Liquid food ideas

- 2% milk, 3.25% milk, or chocolate milk
- Lactose-free milk
- Soy beverage
- Milkshakes or fruit smoothies
- Nutrition supplement drinks (for example, Ensure Plus[®], Resource 2.0[®], Carnation Breakfast Essentials[®], or a store brand)
- Buttermilk
- Canned coconut milk
- Carbonated drinks (flat)
- Drinkable yogurt
- Eggnog (store bought)
- Hot chocolate or lattes made with milk
- Iced tea or fruit-flavoured drinks
- Strained or blended soups
- Toddler breakfast cereals or rice cereals thinned with milk
- Juices or nectars such as carrot, grape, apple, pear, guava, peach, apricot, cherry, or lychee
- Popsicles, sherbet, ice cream, or frozen yogurt bars



More information

- Making Smoothies with More Calories and Protein: www.ahs.ca/assets/info/nutrition/if-nfs-making-smoothies-with-more-calories-and-protein.pdf
- Recipes to help you get enough Calories and Protein: www.ahs.ca/nutrition/Page16043.aspx