

Southern Arizona Periodontics, P.L.C.

Periodontics and Dental Implants

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We recommend a soft diet after your periodontal surgery. We hope these sample menus will be a guide to good nutrition during your recovery. In addition, we recommend keeping your intake of refined sugar to a minimum and using fructose as a sweetener. * Also, we encourage you to take 500mg of Vitamin C three times per day and 25mg of Zinc one time per day during recovery.

SAMPLE MENUS

Breakfast

Hot Cereal
Banana
2% milk

Breakfast

Unsweetened Juice
Poached eggs
Soft whole wheat bread

Breakfast

Oatmeal with raisins
2% milk

Breakfast

Tomato Juice
Soft boiled eggs
Soft whole wheat bread

Breakfast

Cream of Wheat
Grated apple
2% milk

Lunch

Gazpacho
Scrambled eggs

Lunch

Chicken noodle soup
Macaroni and cheese

Lunch

Tomato rice soup
Cheese omelet

Lunch

Beef noodle soup
Cottage cheese with
Soft fruit

Lunch

Scrambled eggs
Grits

Dinner

Cream of mushroom
soup
Baked Potato
Stewed tomatoes

Dinner

Vegetable soup
Pasta
Stewed fruit

Dinner

Cream of potato soup
Tuna fish
Yellow Squash

Dinner

Tomato soup
Stewed chicken
Brown rice

Dinner

Lentil soup
Stuffed baked potato
Chopped spinach

Snacks

Applesauce
Yogurt

Snacks

Diet Jell-o
Chopped liver

Snacks

Custard
Stewed fruit

Snacks

Instant noodle soup

Snacks

Cottage cheese
and soft fruit

HELPFUL UTENSILS

Blenders
Food Processor
Food grinders
Pressure cookers

BEVERAGES

Herbal teas
Powdered Vegetable Broth
Coffee
Vegetable juices
Unsweetened Juices
Diet sodas

OTHER HELPFUL HINTS

* Fructose, which can be purchased in any grocery store, does not promote tooth decay. Substitute for refined sugar in recipes calling for sugar

** Teeth may be sensitive to cold foods