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Mechanical Soft (Dental) Diet

Patient name: _____ **Admission:** _____

NRS
DATE INITIAL

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- I. The client/caregiver can define the mechanical soft diet.**
 - A. This diet is a modification of the regular diet. All foods that are easily chewed are included in this diet.

- II. The client/caregiver can list purpose of mechanical soft diet.**
 - A. It is used for client who has difficulty in chewing or swallowing.
 - B. It is used for clients with missing or damaged teeth.
 - C. It is used for clients after temporomandibular joint surgery.
 - D. It is used in transition as ordered for dysphagia rehabilitation.

NRS
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- III. The client/caregiver can list foods NOT allowed on a mechanical soft diet.**
 - A. Breads with nuts, raisins, or thick crusts
 - B. Granola-type cereals or cereals with raisins or nuts
 - C. Raw or cooked vegetables with tough skins or seeds, raw vegetables, and fried vegetables
 - D. Fruits with tough skin
 - E. Tough, fibrous meats or meats with casings such as sausage
 - F. Fried eggs
 - G. Soups with tough meats or vegetables
 - H. Desserts containing nuts and coarse dried or tough fruits
 - I. Desserts or pastries baked to a hard consistency