

# Level 4

## Soft

Food group	Soft food choices
<b>Bread, Cereal, Pasta, starchy vegetables and Rice</b>	Unsweetened cold cereals – Cheerios®, Crispix®, Rice Krispies®, Corn Flakes Unsweetened hot cereals – oatmeal, cream of wheat, farina, grits 100% whole wheat crackers TOASTED only 100% whole wheat or rye bread, reduced calorie recommended soft cooked potatoes, sweet potatoes or yams (no skins)
<b>Fruit</b>	soft banana, unsweetened applesauce, canned fruit packed in water or natural juices (ex. peaches, pears, fruit cocktail ) skinless soft fresh fruit <b>AVOID FRUITS IN SYRUP OR ADDED SUGAR</b>
<b>Vegetable</b>	soft cooked carrots, green beans, beets, acorn squash, zucchini (no seeds, no skins) tomato sauce 2 oz. low sodium vegetable juice <b>NO CORN, ASPARAGUS, CELERY</b>
<b>Meat, poultry, fish, beans and eggs</b>	canned chicken breast, turkey breast, tuna packed in water soft cooked fish, crab, lobster, shrimp, scallops, ground chicken or turkey breast, chopped scrambled egg whites, EggBeaters® mashed beans – kidney, chick peas, cannellini beans low fat tofu
<b>Milk, cheese and yogurt</b>	Fat-free, 1% milk, Lactaid®, or low-fat soy milk Fat-free or low-fat sugar free yogurt – no pieces of fruit Whipped or small curd fat-free or low fat cottage or ricotta cheese Fat-free or low fat cheeses ≤ 3 grams fat/svg.
<b>Fats and oils</b>	Pam® coating spray, 1 teaspoon olive/canola oil or low-fat mayonnaise Fat-free or low-fat salad dressing Reduced-fat creamy peanut butter
<b>Miscellaneous</b>	Sugar free Popsicles Sugar free jell-o®
<b>Liquids</b> <i>(sip throughout the day but not during meals. Drink at least 6 to 8 8oz cups of fluid per day)</i>	<b>NON-CARBONATED / SUGAR-FREE / FAT-FREE BEVERAGES ONLY</b> Water, Crystal Light®, regular and decaf coffee/tea, fat-free milk