

50 Soft Foods to Eat After a Tooth Extraction

Here are 50 soft, kid-friendly foods that are gentle on the mouth and safe to eat after a tooth extraction. These options help avoid disturbing the blood clot and support a smooth healing process.

Dairy-Based Options

1. Yogurt (plain or flavored)
2. Pudding
3. Cottage cheese
4. Ice cream (without hard mix-ins)
5. Milkshakes (no straws)
6. Smoothies (spoon only)
7. Ricotta cheese
8. Cream cheese on soft bread
9. Custard
10. Soft scrambled eggs

Fruits & Vegetables (Soft or Cooked)

11. Applesauce
12. Mashed bananas
13. Ripe avocado
14. Mashed sweet potatoes
15. Mashed regular potatoes
16. Steamed carrots (mashed)
17. Steamed squash
18. Soft canned peaches
19. Pear puree
20. Cooked pumpkin

Grains & Pasta

21. Oatmeal
22. Cream of wheat
23. Soft pancakes
24. Soft waffles
25. Plain white rice
26. Mashed rice with broth
27. Soft-cooked pasta
28. Macaroni and cheese

29. Grits
30. Polenta

Protein-Rich Options

31. Mashed beans
32. Hummus
33. Silken tofu
34. Egg salad (finely mashed)
35. Chicken or turkey puree
36. Soft meatloaf (well-cooked and moist)
37. Ground turkey in broth
38. Baked fish (soft and flaked)
39. Lentil soup (pureed or soft-cooked)
40. Soft scrambled eggs with cheese

Soups & Broths

41. Chicken broth
42. Vegetable broth
43. Creamy tomato soup
44. Butternut squash soup
45. Broccoli cheddar soup (blended)
46. Potato leek soup
47. Chicken and rice soup (very soft, no chunks)

Treats & Extras

48. Jell-O
49. Popsicles (no biting)
50. Soft baked custards

Tips for Eating After a Tooth Extraction

- Avoid using straws for the first few days.
- Stay away from crunchy, spicy, or hot foods.
- Choose lukewarm or cold options initially to avoid irritating the area.
- Keep your child hydrated with water.

These foods can help your child stay nourished and comfortable during the healing process. Always follow your pediatric dentist's recommendations for aftercare.