

What are some of the foods that are allowed after a tonsillectomy?

Soft foods after a tonsillectomy can help with pain and bleeding. Here are suggestions on how to maintain a soft diet while still getting good nutrition.

Food Group	Options
Grains	Rice, Mashed potatoes, Cream of Wheat, Oatmeal, Pasta, Soft breads, Jelly, Pancakes, Waffles, Soft muffins and cookies, Soft flour tortilla, Dry cereals softened or made soggy with milk, Moist bread dressing/stuffing, Moist cake
Vegetables	Cooked vegetables, Canned vegetables, Tender-fried potatoes, Shredded lettuce
Fruits	Fruit Juice (not red in color), Applesauce, Canned fruit, Banana, Soft melon, Peeled soft fruits- peaches, kiwi, peaches, nectarines, Soft (not red) berries
Milk and Milk Products	Milk, Ice cream, Frozen yogurt, Yogurt, Cottage cheese, Pudding, Custard, Cheese
Meat and Other Protein Foods	Meats (including poultry, fish, and beef) that are well-moistened, thin-sliced, tender, or ground up or that are softened with gravy or sauce, Eggs (any way), Creamy peanut butter, Casseroles with small chunks of meat, Broths
Fats and Oils	All Fats (like butter) and Oils, Dressings (like ranch)
Other	Sugar, Salt, Spices

Remember:

No sharp, hot, or spicy foods as they may irritate or scratch the throat. No red foods as they may be confused for blood.