



Soft & Easy

Gentle Meal Suggestions for Comfort and Care

Ideal for seniors, dental challenges, or recovery periods.



Breakfast Meal Suggestions

- Plain instant oatmeal or cream of rice (no added sugar)
- Unsweetened applesauce or fruit purée cups
- Shelf-stable pudding (no sugar added if available)
- Cinnamon packets for gentle flavor
- Herbal tea

Why this works:

Breakfast items are soft, warm, and easy to swallow, offering gentle nourishment to start the day.



Lunch Meal Suggestions

- Low-sodium vegetable, chicken, or bean soups (broth-based)
- Mashed beans or lentils (canned, low sodium)
- Soft canned vegetables such as carrots, green beans, peas, or squash
- Plain mashed potatoes or soft rice cups

Why this works:

Lunch foods provide comfort and fullness while remaining easy to chew and digest.



Dinner Meal Suggestions

- Creamy rice, soft rice cups, or quinoa prepared very tender
- Mashed beans, lentils, or soft legumes
- Soft canned fish, flaked well if needed
- Low-sodium soups with soft vegetables or legumes
- Fruit purée or applesauce for a gentle finish

Why this works:

Dinner options are soothing and filling, supporting rest and recovery without strain.

Meals and food suggestions shared by Nedavah are offered with care and thoughtful consideration. They are not intended to replace medical advice or dietary guidance from a healthcare professional. Individuals are encouraged to choose foods that best support their personal health needs.



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