



## 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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