

Soft Foods to Eat After a Tooth Extraction: Kid-Friendly Edition

Dairy and Protein Sources

- Yogurt (plain or flavored)
- Cottage cheese
- Scrambled eggs
- Soft cheeses (cheddar, mozzarella, brie)
- Smooth nut butters (peanut, almond, cashew)

Fruits and Vegetables

- Applesauce
- Mashed bananas
- Avocado
- Cooked and mashed carrots, sweet potatoes, or squash
- Blended soups (tomato, butternut squash, potato leek)

Grains and Carbs

- Soft bread (without crust)
- Oatmeal
- Pancakes or waffles (without crunchy toppings)
- Pasta (cooked very soft)
- Rice or quinoa (cooked until tender)

Hydrating and Soothing Options

- Smoothies (without seeds or chunks)
- Pudding
- Jell-O
- Ice cream or sorbet (avoid crunchy mix-ins)
- Herbal tea or lukewarm broth

Foods to Avoid

To protect the healing site, avoid:

- Crunchy foods (chips, popcorn, nuts)
- Hard foods (raw vegetables, tough meats)
- Spicy foods
- Acidic foods (citrus, tomatoes)
- Sticky foods (chewy candy, gum)

- Carbonated or hot beverages

Tips for a Smooth Recovery

- Eat small portions and chew on the opposite side of the extraction site.
- Stick to lukewarm or cool foods—avoid anything too hot.
- Stay hydrated but avoid using straws, which can dislodge the blood clot and cause dry socket.
- Gradually reintroduce firmer foods as healing progresses.

If you have any concerns about recovery or dietary restrictions, contact your dentist for guidance.