

Food Recommendations for Tonsillectomy

The following are foods that are considered Soft and Bland.

These foods are recommendations only and is not all inclusive or exclusive.

If you have a question about a specific food, please discuss with the surgeon.

Diet Timeline and Progression Example (you may advance as you are able to tolerate)

Days 1 to 2: Focus heavily on cool or cold liquids like water, apple juice, smoothies and popsicles to prevent dehydration.

Days 3 to 10: Add soft, smooth, and bland items such as mashed potatoes, yogurt, pudding and scrambled eggs.

Days 10 to 14+: Slowly return to regular foods only as your throat pain improves and you can swallow comfortably

Examples of Foods to Eat (including but not limited to)

- Applesauce
- Bananas
- Cooked plain pasta and noodles
- Cooked white rice
- Cottage cheese
- Cream of wheat and cream of rice
- Custards
- Eggs
- Ice cream without seeds, nuts, chocolate chips, or toppings
- Mashed potatoes and boiled potatoes without skin
- Mashed vegetables without stems and seeds
- Mild juices, such as apple and grape
- Mild soft cheeses
- Milkshakes
- Oatmeal
- Pancakes
- Pudding
- Smoothie
- Smooth peanut butter
- White bread
- Yogurt without seeds or nuts

Examples of Foods NOT to Eat (including but not limited to)

- Acidic fruits, such as oranges, grapefruits, lemons, limes, pineapples, etc
- Barbecue sauce
- Berries with seeds, such as strawberries, raspberries, blackberries, etc
- Bran and granola cereals
- Breads and rolls with nuts, seeds, or bran
- Chips
- Crackers
- Crunchy peanut butter
- French fries
- Fried or greasy foods
- Mild or hot peppers
- Nuts and seeds
- Pickled foods
- Popcorn
- Raw vegetables
- Rice cakes
- Sauerkraut
- Spicy cheeses
- Spicy seasonings
- Tomatoes or tomato-based products