

**JOSE I. ARAUZ, DMD, PA**  
DIPLOMATE OF THE AMERICAN BOARD OF PERIODONTOLOGY  
PRACTICE LIMITED TO PERIODONTICS AND DENTAL IMPLANTS  
200 DOCTORS DRIVE, SUITE N  
JACKSONVILLE, NC 28546

TELEPHONE: 910.577.1315    EMAIL: OFFICE@IMPLANTPERIOHEALTH.COM    FAX:910.577.1078

---

### **Post-Operative Safe Food Options**

Many patients have difficulty choosing acceptable Post-Operative foods. Here is a list of staff favorites to help you plan your shopping list:

Apple sauce	Mashed potatoes
Baked fish	Milk shakes
Bananas mashed	Nut Butters: creamy variety only
Beans	Oatmeal
Boost or Ensure	Pasta
Broth: Bone or vegetable	Pancakes
Cottage cheese	Protein shakes
Eggs	Pudding
Fish	Rice
Fruit smoothies	Soup
Hummus	Steamed veggies
Ice cream	Sweet potatoes
Jello	Tofu
Lentils	Yogurt
Mac & cheese	

Please note that these are only suggestions and should you have any further questions or concerns please do not hesitate to contact our office at (910) 577-1315.