



Lists foods that are advised and not advised for patients with a TMD

Diet for patients with temporomandibular disorders

Advised	Not advised
Bread: brown or white bread (crusts removed) and soft rolls	Bread: avoid baguettes, bagels, hard rolls
Desserts: all soft puddings	
Dairy foods and eggs: cottage cheese, milk, ice cream	
Fish: any cooked fish	
Fruits: any canned or stewed fruit. Melon, bananas, apples etc., but cut into thin slices	Fruits: avoid whole apples or other hard fruits
Liquids: all beverages; fortified 'liquid meals' are recommended	
Meats: any easily chewed meat such as mince, chicken	Meats: avoid steak or any meat that requires excessive chewing
Miscellaneous: any of the variety of nourishing mixtures that can be mixed in a blender (milk shakes, fruit or vegetable blends)	Miscellaneous: no hard or chewy sweets, no gum
Pasta: any cooked pasta	
Potatoes: mashed, baked or boiled	
Soups: any type of soup	
Vegetables: any cooked fresh frozen or canned vegetables	Vegetables: avoid raw vegetables, e.g. carrots, and corn on the cob

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