

NUTRITION TO GO



Tooth-Friendly Foods



Dental problems affect all people, but may get worse as you age. Whether it be tooth decay, gum disease or loss of teeth, it is important to make sure you continue to get the best nutrition. The chart below lists some foods that may be difficult to chew for people with dental problems, and some softer foods to try instead.

Food Group	If you have trouble with these foods...	Try these instead!
<p>Dairy</p> 	<p>Hard Cheeses like Cheddar, Pepper Jack, Swiss</p>	<p>Cottage Cheese, Yogurt, Smoothies and Pudding (made with milk or yogurt)</p>
<p>Protein</p> 	<p>Nuts, Ribs, Chewy Steak, Beef Jerky, Bacon</p>	<p>Scrambled Eggs, Meatloaf, Refried Beans, Tofu, Homemade Chicken/Tuna/Egg Salad, Hummus, Fish, Chicken or Pork cooked in a crockpot until tender</p>
<p>Fruit</p> 	<p>Apples, Pears, Plums, Coconut</p>	<p>Applesauce, Peaches cut into pieces, Blueberries, Raspberries, Kiwis, Fruit Smoothies, Mashed Bananas, Canned fruits in 100% juice</p>
<p>Grains</p> 	<p>Pretzels, Crackers, Hard Rolls, Bagels, Pizza Crust, French Bread, Popcorn</p>	<p>Oatmeal, Whole Grain Pasta, Couscous, Quinoa, Rice, Soft Bread, Cream of Wheat, Polenta</p>
<p>Vegetables</p> 	<p>Raw Carrots and Cucumbers, Corn on the Cob, Celery</p>	<p>Vegetable Soup, Canned veggies with no salt added, Cooked Vegetables: Carrots, Broccoli, Squash, Spinach</p>

Easy Deviled Egg Salad

Servings per recipe: 5

Serving size: ½ cup

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients

6 large eggs

¼ cup low fat mayonnaise

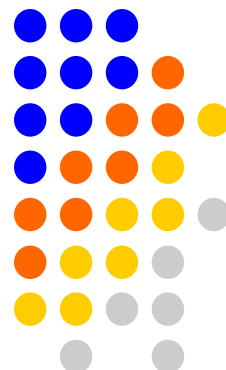
1 teaspoon yellow or dijon mustard

1 teaspoon onion powder

1 teaspoon garlic powder

Directions

- 1) Boil water in a medium pot on high heat. Gently add eggs and turn heat to low/medium.
- 2) Cook for 12 minutes and remove from heat.
- 3) Cool eggs in cold water before peeling.
- 4) Peel hard boiled eggs and cut into small pieces.
- 5) In a large bowl, mix together diced eggs, mayonnaise, mustard, onion and garlic powder. Mix well.
- 6) Serve plain, over lettuce or on whole wheat bread.



Nutrition Facts

5 servings per container

Serving size 1/2 cup (74g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 225mg 75%

Sodium 190mg 8%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 1mcg 6%

Calcium 34mg 2%

Iron 1mg 6%

Potassium 93mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cost: \$2.34 per recipe

\$0.36 per serving



Questions about nutrition?

Call 1-877-FOOD-URI

Egg Salad is a quick and easy tooth-friendly recipe!

Call Our Toll-Free Line
for More Information
1-877-366-3874