

Foods That Support Healing

Clean two-column food chart infographic titled "Safe Foods vs Foods to Avoid After Wisdom Teeth Removal"

EAT column:

- Yogurt & pudding
- Smoothies (spoon only)
- Mashed potatoes
- Scrambled eggs
- Applesauce
- Protein shakes
- Lukewarm soup
- Oatmeal

AVOID column:

- Chips & nuts
- Popcorn & pretzels
- Sticky candy & gum
- Crunchy vegetables
- Spicy foods
- Hot drinks
- Tough meats

Healing Boosters – Bone broth, mashed sweet potatoes, avocado