



Jorge Angulo DDS

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Featured Dish
Picadillo



The Ultimate Grocery Store Checklist

So your kid just had his or her braces tightened and it hurts. Maybe you just had your wisdom teeth removed or a new set of dentures that you aren't use to yet.

Every week this happens to our patients and they'll ask "Doc, what can I (she, he) eat?" To which I always reply "Soft Foods". It seems obvious, right?

Well, now that my wife and eleven year old daughter are in braces I find myself in a situation where I am constantly looking for easy to eat alternatives. Here are some recommendations:

Breakfast

- Eggs- scrambled with cheddar cheese
- Pancakes- Butter and syrup- right off the griddle
- Oatmeal- Add bananas, blueberries or strawberries
- Grits- Again with cheese



Lunch/Dinner

- Soup- It doesn't have to be boring. Lobster bisque can be decadent. I love all the options at places like Whole Foods- Provenchal Fresh Tomato, Keys Fishery Conch Chowder, Chilies, Stews, Etc.. An entire newsletter could be devoted to this topic alone.
- Pasta- From the simple Mac-N-Cheese to an over the top spaghetti carbonara. Pasta salads made with orzos- so many options.
- Potatoes- mashed or "smashed" with cheese, sour cream, butter and garlic
- Rice and Beans- As a Cuban this is a no brainer but I also like rice with lentils or even a fried egg
- Ground Beef - or Turkey- or Pork- It's already "ground" down so most of the work has been done for you already. Seasoned whatever way suits you. Then mix it up with any pasta, rice, potato, or even grits to create a hearty meal



Desserts/Snacks



- Applesauce- it doesn't have to be the old boring stuff. They now have strawberry applesauce.
- Yogurt- So much you can do here. I like the Greek stuff with some honey and assorted berries.
- Smoothies- Make them yourself or go somewhere where they make 24 ounce monster sized smoothies.

(Eat with a spoon if you had oral surgery)

- Ice Cream- Why not? You've been through a lot with whatever dental work you just had completed. Reward yourself.
- Popsicles, Italian Ices, and Frozen Yogurts- Sometime anything cold feels just right.

Hopefully that helps. Know that it takes time to return to normal and get back to beef jerky, popcorn, steak, corn on the cob, apples, buffalo wings, nuts, bagels, and hard shelled tacos.

Best Regards,

Jorge Angulo, DDS.