Soft Thanksgiving Foods For Those Who Have Sensitive Teeth

Hello [[firstname]],

Having seniors over for dinner, as mentioned in the blog post ‘Healthy Eating Tips For Seniors During the Holidays’, sometimes means providing food someone with dentures or crowns can handle.

[Insert Link]

Whether you have seniors with dentures or simply someone who just had oral surgery with sensitive teeth, you might want to have a variety of softer foods that are easier to eat. This list includes some of the more popular soft foods to try out.

**Mashed Potatoes**

If you are able to bring a side dish for Thanksgiving dinner, one of the best soft foods is mashed potatoes. Consider making a creamier mashed potatoes instead of lumpy, since this will be easier for those with sensitive teeth to eat. Consider leaving out any extras you usually include, such as bacon pieces or onions, since the crunchiness might be hard for certain people to eat. For healthier potatoes, you can use sweet potatoes or even make mashed cauliflower.

**Soft Vegetable Sides**

Many vegetables can also be made into a softer version for people with sensitive teeth. For example, if you are making carrots as a side dish, don’t just make regular sautéed carrots. They will be softer than raw, but still a little hard for seniors to chew. A better option is to cook them in a brown sugar mixture. This will season the carrots to be sweeter, but will also soften them as they are soaking and cooking in the sauce.

**Green Bean Casserole**

Green bean casserole is an excellent food to make for Thanksgiving since it is delicious, most people enjoy it, and you can make a soft version of it. Really the only variation is to make sure the green beans are soft and fully cooked, and to mix in the fried onions instead of putting them on top. When you mix them in before baking, you get the flavor of the onions without that crispy texture. However, if you just top the casserole with the onions for the last few minutes of baking, they might still be a bit crispy and people with sensitive teeth or dentures won’t enjoy it as much.

**Pumpkin Pie**

There might not be a dessert that is better than pumpkin pie. This is one of the softest and creamiest desserts you can provide to your guests aside from ice cream. The crust on the bottom is soft enough to eat, and they can choose whether to have the edge crust. But the pumpkin filling itself is soft and easy to eat.

[sign off]