

HOSPITAL TUANKU JA'AFAR SEREMBAN

NUTRITION BROCHURE PALLIATIVE UNIT



Modified solid foods

In general, softer and easy to chew foods are more manageable by the elderly or if the person is unwell. When swallowing becomes a challenge, the healthcare professionals may suggest that food prepared for your loved one be in one of the four common consistencies:

1. Normal diet or diet of choice

- This refers to regular foods with no specific size or textures
- Biting and chewing will be required
- There may be a mixture of consistencies, e.g., noodles in soup

2. Coarsely chopped or easy-chew

- Foods in this category are usually soft in texture and cut up to about 3 cm to 4 cm cubes
- Some chewing will still be required to break down the food
- More gravy or a slightly longer cooking time will help to soften the food

3. Finely minced or soft-moist

- Foods are soft, moist and minced (about 0.3 cm to 0.5 cm)
- If buying meat from the butcher, request for meat to be minced finely for baby food
- Minimal chewing is required

4. Blended diet

- Food is pureed till smooth and lump-free
- No chewing is required
- A blender is required for food preparation
- It should not be too watery or too sticky

Diet suggestions

Blended	Finely minced/ soft-moist	Coarsely chopped/ easy-chew	Normal diet
BREAKFAST			
Blended oats	Soft bread well moistened in milk	Congee	Fried Bee Hoon
Blended porridge	Mee suah (cut up)	Chee Cheong Fun	Roti Prata
Yoghurt	Thosai soaked in dhall (cut up small)	Idli with dhall or chutnry	Sandwiches
Blended tau suan or green beans	Lontong (cut up)	Soft bread with jam	Nasi lemak

Blended	Finely minced/ soft-moist	Coarsely chopped/ easy-chew	Normal diet
LUNCH			
Pureed vegetables e.g. pumpkin, carrot, gourds	Finely chopped soft vegetables e.g. cauliflower, broccoli, carrot	Green leafy or crunchy vegetables (chopped up)	Bean curd (tau kua)
Cream soups	Dhall curry	Soft tofu	Boiled eggs
Mashed potato	Steamed egg pudding	Steamed Oily Fish	
Blended meat or fish (blend with gravy)	Boneless, skinless, minced meat or flaked fish	Shepherd's Pie	Grilled oily fish e.g. salmon
Blended legumes	Cheese slices	Noodles (cut up)	Chapati with dhall
Stewed or curry meat(blended)	Fish N Chips(finely minced)	Chicken Nuggets(finely chopped)	Chicken chop

Blended	Finely minced/ soft-moist	Coarsely chopped/ easy-chew	Normal diet
DINNER			
Blended porridge	Soft rice	Sweet and sour soup	Tauhu telor
Plain sweet yoghurt	Minced leafy or root vegetables	Steamed fish fillet with gravy	Chicken satay
Pureed root vegetables	Hummus	Chopped and diced vegetables and fruits	Leafy vegetables
Cream soup	Congee	Appom	Idli

Blended	Finely minced/ soft-moist	Coarsely chopped/ easy-chew	Normal diet
SUPPER			
Jelly/Jello	Soft fruit (coarsely mashed)	Soft fruits (cut to bite size)	Egg tart
Milkshake	Bubur hitam	Cheesecake	Peanut pancake
Tau Fu Fah	Bread or biscuits soaked in milk	Pandan cake	Curry Puffs
Ice cream	Soya bean curd	Banana	Fruit tart
Plain yoghurt	Fruit yoghurt	Custard with chopped fruits	Digestive Biscuits

Other important considerations:

1. If using Milo or other thin fluids to soften bread or biscuits, do remember to thicken the fluid to the appropriate consistency beforehand and drain excess fluid before feeding.

2. Avoid mixed consistencies (solid + liquid). Mixed consistencies in one mouthful of food is challenging to manage if your loved one has a swallowing impairment. For example, if serving bee hoon in soup with minced meat and chopped vegetables, drain away the soup when feeding the bee hoon. Feed the minced meat and chopped vegetables separately.

3. When feeding porridge or oats, enzymes from the saliva on the spoon can gradually cause the food to become more watery.

Avoid stirring the food with the same spoon being used to feed your loved one. Instead, scoop from the sides of the bowl.

Special features

Food choices

- Avoid using foods that have a coarse or stringy texture, like whole-grain crackers, celery, pineapple, and brisket.
- Avoid using foods that are too sticky, like glutinous rice flour dumplings and Chinese New Year cake.
- Avoid foods that crumble easily, like egg rolls and pastries.
- Avoid foods that are hard in texture, like nuts and walnut cake.
- Choose seasonings like ground ginger, ground garlic, ground white pepper, ground herbs, vinegar, and ketchup.

The cooking and processing of foods and common food processing utensils

- Remove the skin, bones, and seeds from the food before processing.
- Foods that are large in size and hard should be chopped into smaller pieces and cooked until soft.
- Use cooking methods that will keep the foods moist, like steaming, boiling, and stewing to facilitate with food processing after cooking.
- Common food processing utensils include juicer, blender, grinder, food processor, sieve, and a large Chinese knife/cleaver.

Using food processing utensils

- Foods should be thoroughly cooked before grinding or pureeing.
- Use adequate amount of soup, milk, or juice during food processing to enhance flavour and nutrition.
- If the pureed food is not smooth in texture, use a sieve to separate the lumps.

Food hygiene

- Special attention should be paid to food hygiene as bacteria on the surface of foods can contaminate the entire food during the mincing and pureeing procedures.

Food presentation

- The ingredients for the main dishes and side dishes should be separately minced or pureed. Rice and noodles should not be pureed together with the ingredients of the main dishes.
- Enhance the flavour and colour by using colourful ingredients to prepare the main dishes, like pureed carrot, pureed pumpkin, pureed tomato, mashed egg yolk, jam, and pureed fruit.
- Use separate bowls or dishes with dividers to hold rice and main dishes. This will allow the elders to easily differentiate and taste the different foods.