

Department of  
**Nutrition & Dietetics**

# Liquidised Diet



# Texture Modified Diet




You may require a texture modified diet if you have difficulty swallowing and/or chewing for various reasons, including medical conditions (e.g. stroke, Parkinson's Disease) and post-radiotherapy.

Not following the right texture modified diet may cause foods and/or fluids to enter the airway and into the lungs, resulting in a lung infection. Modifying the texture of food will make swallowing easier and safer.





Example of Liquidised Diet (not served in TTSH)

# Types of Texture Modified Diet

	Easy to Chew Diet	Soft & Bite-Sized Diet	Minced & Moist Diet
<b>Food size and texture</b>	<p>Normal, everyday foods of soft, tender texture.</p> <p>You should be able to bite food into pieces. Food piece size is not restricted.</p>	<p>Food is smaller in size (~1.5cm), soft, tender and moist. It can be easily broken apart by a fork or spoon.</p>	<p>Food is soft, moist and finely minced to ~4mm in size. Liquid should not be separated from food. It can be scooped and shaped on a plate. When scooped with a fork, food pieces should not fall through the prongs.</p>
<b>Preparation</b>	<p>Food is cooked until soft.</p>	<p>Food is first chopped then cooked till soft.</p>	<p>Food is minced preferably with a food processor or blender prior cooking. Softer food can be mashed with a fork.</p>
<b>Chewing</b>	<p>Chewing required</p>	<p>Chewing required</p>	<p>Minimal chewing required</p>
<b>Example</b>			

# Types of Texture Modified Diet

	Pureed Diet	Liquidised Diet
<b>Food size and texture</b>	Food is smooth, lump free and not sticky. It should fall off a spoon in a lump and hold its shape on a plate.	Food consistency is smooth with no bits, equivalent to moderately thick fluids. Cannot be eaten with a fork because it drips slowly through the prongs, can be taken with a spoon.
<b>Preparation</b>	A food processor or blender is needed to blend the food after cooking.	A food processor or blender is needed to blend the food after cooking.
<b>Chewing</b>	No chewing required	No chewing required
<b>Example</b>		

# Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
<b>Rice and alternatives</b>	<ul style="list-style-type: none"> <li>• Blended porridge*</li> <li>• Blended noodles and pasta*</li> <li>• Mashed potato*</li> <li>• Cooked oats*</li> </ul>	<ul style="list-style-type: none"> <li>• Thick porridge (e.g. Cantonese porridge)</li> <li>• Bread</li> <li>• Pastries</li> <li>• Dry cereals</li> <li>• Dry biscuits</li> <li>• Chapati</li> </ul>
<b>Meat and alternatives</b>	<ul style="list-style-type: none"> <li>• Well-cooked meat/fish without skin, bone or tendon, blended and thinned down</li> <li>• Blended scrambled or steamed egg*</li> <li>• Blended tofu*</li> <li>• Well-cooked and blended legumes with soft outer skin (e.g. baked beans, dhal)*</li> </ul>	<ul style="list-style-type: none"> <li>• Hard, dry, chewy or crispy meat</li> <li>• Fried egg</li> <li>• Tau kwa, tau pok</li> </ul>

\*may require thinning down to moderately thick consistency as advised by your speech therapist

# Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Soft, well-cooked and blended vegetables without skin, seeds or stalks (e.g. pumpkin, carrot, broccoli, cauliflower, leaves of green leafy vegetables)*</li> </ul>	<ul style="list-style-type: none"> <li>• Stems or stalks of vegetables</li> <li>• Raw vegetables</li> <li>• Fibrous vegetables (e.g. chye sim, kai lan, peas)</li> <li>• Stringy vegetables (e.g. kang kong, asparagus)</li> <li>• Chewy or stringy mushrooms</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Blended soft fruits without skin or seeds (e.g. papaya, banana, mango, nectarine, peach, plum, stewed apple)*</li> <li>• Fruit puree*</li> <li>• Fruit juice of moderately thick fluid consistency</li> </ul>	<ul style="list-style-type: none"> <li>• Hard, crunchy fruits (e.g. apple, guava)</li> <li>• Fruits with skin (e.g. grapes)</li> <li>• Fruits with seeds (e.g. kiwi)</li> <li>• Fibrous fruits (e.g. pineapple)</li> <li>• Dried fruits (e.g. raisin, coconut flakes)</li> </ul>

\*may require thinning down to moderately thick consistency as advised by your speech therapist

# Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
Dairy products and desserts	<ul style="list-style-type: none"> <li>• Milk/soymilk*</li> <li>• Plain yoghurt*</li> <li>• Smooth cheese paste (e.g. ricotta cream)*</li> <li>• Chinese paste dessert (e.g. black sesame paste)</li> <li>• Mousse*</li> <li>• Ice cream without nuts/fruits*</li> <li>• Custard*</li> </ul>	<ul style="list-style-type: none"> <li>• All solid or semi-solid cheeses (e.g. cottage cheese, cheddar)</li> </ul>

\*may require thickening/thinning down to moderately thick fluid consistency as advised by your speech therapist



Milk/Soy Milk



Plain Yoghurt



Cottage Cheese



Plain Ice-cream



Black Sesame Paste

# Other Foods to Avoid

	Examples
Stringy, fibrous foods	Pineapple, string beans, kang kong, celery, enoki mushroom
Skins of vegetables and fruits	Peas, grapes
Crunchy or crumbly foods	Toasted bread, flaky pastry, pie crust, dry biscuits, potato chips
Chewy foods	Soon kueh, Malay kueh, glutinous rice dumplings, gummy sweets
Hard foods	You tiao (fried dough fritters), nuts, melon seeds, coconut flesh, bak kwa (Chinese barbequed meat)
Slippery foods	Agar agar, jelly, bean curd
Sticky foods	Toffee, gum
Foods that contain liquids	Watermelon, orange, ondeh-ondeh, dumplings









## **Clinics B2**

TTSH Medical Centre, Level B2

### **Contact:**

6357 7000 (Central Hotline)



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