

Department of
Nutrition & Dietetics

Pureed 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.





Examples of Pureed Diet

Types of Texture Modified Diet

| | Easy to Chew Diet | Soft & Bite-Sized Diet | Minced & Moist Diet |
|------------------------------|---|--|--|
| Food size and texture | <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> |
| Preparation | <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> |
| Chewing | <p>Chewing required</p> | <p>Chewing required</p> | <p>Minimal chewing required</p> |
| Example |  |  |  |

Types of Texture Modified Diet

| | Pureed Diet | Liquidised Diet |
|------------------------------|---|--|
| Food size and texture | 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. |
| Preparation | 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. |
| Chewing | No chewing required | No chewing required |
| Example |  |  |

Suitable and Unsuitable Foods

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

*may require thickening as advised by your speech therapist

Suitable and Unsuitable Foods

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

*may require thickening 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"> • Milk/soymilk* • Plain yoghurt* • Smooth cheese paste (e.g. ricotta cream) • Chinese paste dessert (e.g. black sesame paste) • Mousse • Ice cream without nuts/fruits* • Custard* | <ul style="list-style-type: none"> • All solid or semi-solid cheeses (e.g. cottage cheese, cheddar) |

*may require thickening 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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