



Low calorie balanced diet

Definition: Nutrients needed by the body are balanced from six major food categories daily. Avoid high-fat, salty, spicy and irritating foods.

Food category	Recommendation	To Avoid
Dairy	Dehydrated, low-fat milk Low calorie yogurt/kefir Low fat original cheese	Sugary and whole-fat dairy products: whole milk, flavored milk, and ice cream
Grains (Rice and alternatives)	Dry rice, brown rice, whole glutinous products, noodles, rice noodles Pumpkin, potatoes, taro Whole wheat bread	High-calorie foods such as instant noodles, cakes, fries, and bubble tea
Proteins	① Steamed and boiled eggs ② Soymilk, bean curds, tender tofu ③ Steamed, stewed and boiled seafoods ④ Small flesh chunks such as chicken shreds and lean pork	① Raw or fried eggs ② Thick or oily soup, alcohol-containing broth ③ Shelled beans such as soybeans ④ Meat with skin, gluten and high in fat. Avoid frying or cooking too hard. ⑤ Processed foods such as bacon, canned food and hot pot dumplings
Vegetables	Squashes, baby leaves and mushrooms	Fried and canned vegetables
Fruits	Fresh fruits	High-calorie processed fruit products such as fruit sauce and canned fruits
Water	Boiled water	Ice water
other	Less irritating seasonings or spices such as white vinegar, ginger, garlic and vanilla	① Irritating drink or seasoning such as alcoholic beverages, carbonated drinks and caffeinated drinks ② Fried and hard foods such as peanuts and candies ③ High-calorie seasonings such as honey and sauces (ex. Satay, BBQ and sweet and sour sauce)



Warnings:

1. If you feel uncomfortable with semi-liquid diet, you can gradually progress to soft diet.
2. Start with a small amount of food and gradually increase the amount after the body is adjusted.
3. Use the rice bowl to control the amount of food consumed (1/2 bowl each time)
4. Stop eating when feeling bloated during meals. Also avoid eating too long or eating spit.
5. Chew slowly and eat for about 20-30 minutes per meal.
6. Replace snacks between meals to fruits.
7. Avoid eating high-calorie foods.
8. Pay attention to the daily replenishment of water to avoid dehydration.
(ex. carrying a bottle around)
9. Need to eat enough high protein food (ex. Beans, fish and eggs)
10. Replenish multivitamin and mineral supplements daily.