



Semi-liquid diet

Definition: The diet serves as part of progressive transition foods following gastro-intestinal surgery. It may also be suitable for swallowing problems.

Food category	Recommendation	To Avoid
Dairy	Skimmed or low-fat milk Low calorie yogurt/kefir	Sugary and whole-fat dairy products: whole milk, flavored milk, and ice cream
Grains (Rice and alternatives)	① Porridge ② Noodles ③ Steamed pumpkin puree or mashed potato	① Gas-producing food such as sweet potatoes, red beans and corns ② High-calorie foods such as instant Noodles and cakes
Proteins	① Steamed egg ② Soy milk, bean curd, tender tofu ③ Seafoods ④ Meat purees	① Raw eggs and processed eggs ② Thick or oily soup, alcohol-containing broth ③ Shelled beans such as soybeans ④ Processed foods such as bacon, canned food and hot pot dumplings
Vegetables	Squashes or baby leaves	① Crude fiber vegetables such as celery and bamboo shoots ② Vegetable stems ③ Gas-producing foods such as onions, green peppers and cabbages
Fruits	Soft fruits such as papaya and grapes Fruit puree	Fruits containing skin, seeds and fiber such as guava, pineapple and apple
Water	Boiled water	Ice water
Other Liquids	Non-irritating food or dressings	① Irritating drink or seasoning such as alcoholic beverages, carbonated drinks and caffeinated drinks ② High-calorie foods such as pudding, chocolate and sesame paste

Warnings:

If you feel uncomfortable with a full-liquid diet, you can gradually progress to a semi-liquid diet.