



Soft diet

Definition: A solid food that is soft, digestible, and free of crude fiber or connective tissue.

It is cooked to avoid frying and roasting too hard. It needs to be chewed until it is swallowed.

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)	① Soft dry rice, noodles and rice noodles ② Unseeded and peeled pumpkin or potato ③ Bread	① Casserole, brown rice, whole glutinous products, etc. ② Gas-producing foods such as sweet potatoes, red beans, etc. ③ Glutinous rice products such as rice balls and rice cakes ④ High-calorie foods such as instant noodles and cakes
Proteins	① Steamed eggs ② Soymilk, bean curds and 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	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



Food category	Recommendation	To Avoid
other	Non-irritating food or seasoning	①Irritating drink or seasoning such as alcoholic beverages, carbonated drinks and caffeinated drinks ②Fried and hard foods such as peanuts and candies ③High-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. Chew slowly and eat for about 20-30 minutes per meal.
5. Pay attention to the daily replenishment of water to avoid dehydration. (ex. carrying a bottle around)
6. Need to eat enough high protein food (ex. Beans, fish and eggs)
7. Replenish multivitamin and mineral supplements daily.