

**Hong Kong East Cluster – Dietetic Department**

**Different texture types**

<b>Food Type</b>	<b>Regular diet</b>	<b>Soft diet</b>	<b>Minced diet</b>	<b>Minced congee diet <sup>(2)</sup></b>	<b>Puree diet <sup>(2)</sup></b>	<b>Fluid diet <sup>(1)</sup></b>
<b>Grains</b>	Rice, noodles, congee, bread, steamed bun (Mantou), biscuits etc.	Soft rice, minced congee, alphabet pasta, flat rice noodles (ho fun), rice noodles, macaroni, oatmeal, 'Wonton' wrappers, rice roll (cheung fun)	Soft rice, plain congee, minced congee, oatmeal	Plain congee, minced congee, oatmeal	Soft rice, plain congee, oatmeal, infant cereals. Potato, carrot, Chinese yam, taro, pumpkin etc (peeled and cooked, puree with a food blender)	Rice water, barley soup (sieved)
<b>Vegetables</b>	All kinds of melons and vegetables	Finely chopped vegetables, cooked soft leafy vegetables, vegetables in soup, vegetable and melon puree, hairy gourd, winter melon	Chopped vegetables, vegetable and melon puree	Chopped vegetables, vegetable and melon puree	Hairy gourd, winter melon, pumpkin (peeled, de-seeded), soft leafy vegetables (Blend into puree with a food blender)	Vegetable soup (sieved), clear vegetable juice
<b>Fruits</b>	All kinds of fruits	Soft fruits e.g. honeydew, watermelon, papaya, banana, orange, ripe pear, canned fruit etc	Fruit puree and fruit juice	Fruit puree and fruit juice	Fruit puree and fruit juice	Fruit juice (without pulps)
<b>Meat, fish, egg, soy products</b>	All kinds of meat (pork, beef, chicken etc), fish, egg, soy products etc		Minced meat, steamed fish, fish fillet, steamed egg, egg custard, steamed tofu, egg tofu	Minced meat, steamed fish, fish fillet, steamed egg, egg custard, steamed tofu, egg tofu	Meat puree, fish puree, infant meat puree, bean curd sheet, egg drop	Broth (sieved), meat soup, fish soup
<b>Milk products</b>	Nutritional supplement, milk, soy milk, almond milk, ice cream, yoghurt, cheese etc	Nutritional supplement, milk, soy milk, almond milk, ice cream, yoghurt etc				Nutritional supplement, milk, almond milk, soy milk etc

Remarks:

(1) If you are on fluid diet, you need to take adequate amount of nutritional supplement.

(2) Pureed food preparation: Cooked food (without tendon, bone) added into water or broth and blended into puree with a food blender.

If you have been taking congee or pureed diet for a long time, you may not be able to get enough nutrition. It is recommended to eat small and frequent meals and take nutritional supplement.

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### Different texture types – Sample menu

	Regular diet	Soft diet	Minced congee* / Minced diet	Puree diet*	Fluid diet
Breakfast	Macaroni with shredded meat / ham and egg Milk	Steamed meat bun + rice roll (Cheung fun) + soymilk / minced egg and cheese sandwich	Oatmeal with milk / egg drop congee / minced meat congee	Congee / oat puree Nutritional supplement	Nutritional supplement
Snack		Sponge cake / bread	Nutritional supplement	Nutritional supplement	Nutritional supplement
Lunch	Wonton noodle Stir-fried vegetable Horlick	Rice / noodle Fried egg with tomato / steamed egg tofu with green onion Lettuce with oyster sauce	Minced beef congee Chopped hairy gourd Fruit puree	Soft rice / pureed congee / pureed rice Potato and chicken puree Pumpkin puree	Rice water / clear soup / nutritional supplement
Snack	Bread / biscuits / dimsum	Nutritional supplement / bread / biscuit / dimsum	Nutritional supplement	Apple puree	Nutritional supplement
Snack			Nutritional supplement	Nutritional supplement	Nutritional supplement
Dinner	Rice Steamed fish with lemon Stir-fried bitter melon with meat Carrot, potato & pork soup Fruit	Rice / noodle Steamed meat patty Stir-fried spinach Watercress, fish and egg drop soup Fruit	Plain congee / minced meat congee / oatmeal Steamed eggs Minced pumpkin Tofu and fish soup (sieved) Fruit puree	Soft rice / pureed congee / pureed rice Meat patty puree Winter melon puree Fruit puree	Rice water / clear soup / nutritional supplement Fruit juice
Snack	Milk / biscuit / bread	Milk / biscuit / bread	Nutritional supplement	Nutritional supplement	Nutritional supplement

Remark\*: If you can only take pureed or congee diet, please add 3 teaspoons oil at each meal