

Soft & Bite-Sized Diet



What is it?

- Food that is soft, tender and moist
- No dripping fluids or gravy
- Food particles are no bigger than the width of a fork (1.5cm by 1.5cm)
- Food can be mashed completely with pressure from a fork / spoon

Who is it for?

- Individuals with some chewing abilities and can manage small pieces of food, but have difficulty with biting and chewing large pieces of food

Preparation Methods



How to test it?

International Dysphagia Diet Standardisation Initiative (IDDSI) Fork Test

- when food is pressed down with a fork, it is completely squashed and does not regain its shape.



Preparation Method

Starch



Rice – Soft rice, served with gravy / sauce to moisten and hold it together. It should not separate into individual grains when cooked and served.

Avoid regular dry bread.

Example:

- Rice
- Carrot cake

Protein



Meat – Cooked tender and chopped not more than 1.5 by 1.5cm, remove all skin and bones. If texture cannot be served soft and tender, serve minced and moist.

Fish – Remove skin and bones, and cut to pieces not more than 1.5cm by 1.5cm.

Example:

- Chopped beef
- Tofu

Vegetables



Vegetables – Steamed or boiled; avoid stir fried vegetables.

Avoid stems of leafy vegetables.

Example:

- Soft pumpkin
- Chopped broccoli

Fruits



Fruits – Served cut into soft & bite-sized pieces or finely mashed if unable to cut. Excess liquid should be drained.

Example:

- Cut watermelon
- Chopped banana

Desserts



Desserts – Liquids should not be separated from dessert. Drain excess liquid before serving

Example:

- Jelly
- Chopped pancake

If coughing, choking, throat clearing or shortness of breath is noticed during eating, stop feeding and allow the patient to rest for a few minutes. If this persists, please seek a physician or speech therapist's advice.

Other instructions:

Watch this video for more information on modified diets and general tips on making these diets nutritious for your loved one.



Speech Therapist: _____ Date: _____

National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6908 2222
Website: www.nuh.com.sg
UEN: 198500843R

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