

Ruttonjee & Tang Shiu Kin Hospitals

Dietetic Department



Palliative Care Dietary tips

General eating recommendation

- Choose food and drinks that the patient prefers, relax food restriction.
- Encourage oral intake when patient's condition is well.
- Provide small and frequent meals, use small-sized containers (i.e. bowls, cups) at mealtime.
- Change food texture to facilitate oral intake if needed, e.g. soft/minced texture of food.



☞ Eating environment



- Eat slowly with patient in a comfortable setting.
- Use chair cushion/soft pillow to enhance coziness of sitting posture for patients.
- Mouth cleansing after each meal to promote oral hygiene and moisture.

☞ Snacks suggestion

- Try appetite stimulating snacks



(i.e. Chinese sour ginger, lemon tea/water)

High protein high caloric food

Try to encourage patient to have high protein and high caloric food, in a small and frequent way when appetite is poor, for example:

- Add minced meat, sliced fish and eggs into congee/oatmeal.
- Add dumplings and eggs into noodles.
- Encourage soup residues (i.e. lean pork, chicken thigh, tofu)



- Chinese steam bun with BBQ pork/minced veg & pork/chicken/pureed lotus/egg custard, rice roll, turnip cake, taro cake.
- Digestive biscuits, custard biscuits, wafer biscuits, cookies, bread roll.
- Sandwiches (with eggs, ham, tuna, sardines, cheese), bread with spread (i.e. butter, peanut butter, salad dressing, jam, condensed milk, baked beans), French toast.
- Cakes, eggrolls, egg tarts.
- Red bean cake, coconut cake, white sugar cake, red bean pudding, coconut split pea pudding.
- Tofu pudding, custard egg, custard milk, yoghurt, ice-cream, pudding, jelly.
- Chinese sweet soup (e.g. walnut paste, sesame paste, peanut paste, pumpkin/almond/sago in milk, red/green beans soup, dried bean curd with eggs soup, sweet potato in ginger soup).



If patient is fatigued or unwilling to have any solid food, family could provide patient a straw for fluid intake, for example:

- Fresh milk, soymilk, milkshake.
- Instant oatmeal drink, 3-in-1 instant drink mix, Ovaltine, Horlick, Milo, chocolate milk (could also mix these into nutrition supplement drinks to increase variety of taste).
- Fish soup, creamy soup.
- Mix honey/watercress honey/yuzu honey into water.



We also recommend patient's family to use other way to deliver their care to the precious ones. For example:

- Use moisturizer for body massage.
- Use wet cotton pad for oral hygiene cleansing.
- Chitchat with patients, listening to music and watch television together, to enjoy the last bonding moment.

