

Exp.1 : Modification of normal diet to soft diet for elderly person

TIME OF DAY	MEAL	MENU ITEM	INGREDIENTS
Early Morning	Bed Tea	Liquor Tea	Tea , Sugar
Morning	Breakfast	Soft bread, Half Boiled Egg, Fruit Juice	Bread, Egg, Fruit
Mid Morning	Light Tiffin	Oats softened in milk	Oats, Milk
Afternoon	Lunch	Curd Rice, Malai Paneer Dill Balls,Lentil soup,Potato Apple curry, Smashed Green Vegetable, Groundnut Tikkis	Curd, Rice, Paneer, Apple, Green Vegetable, Potato
Evening	Evening Snacks	Baked apple chips, Pear Chips and handful of walnut	Apple, Pear, Walnut
Night	Dinner	Overcooked Smashed rice, Shredded Chicken Sweet Corn Kabab, Smashed Potato	Corn, Chicken, Rice, Potato
At bed time	Bed time Drink	Almond Milk	Almond and milk