

Make sure the food is cooked well and blended till it is smooth. The consistency of the food should be like honey and the feed should be sieved to avoid chunks.

A syringe of boiled water should be given before and after each feed through the tube.

Feed slowly through the tube.

What does a tube feed diet plan look like?

Below are two sample diet plans for tube feeds.

TUBE FEED DIET PLAN 1

Time	Feed	Quantity
6:00am	Milk 2/3 cup + Fruit 1 medium (apple/mango/banana) + Sugar 2 tbsp	240ml
9:00am	Milk 2/3 cup + Sago Dana 2 tbsp + Sugar 2 tbsp	240ml
Noon	Meat stock 2/ cup + Cooked lentil 2 tbsp + Oil 1 tbsp	240ml
3:00pm	Juice 1 cup + Bread 1 slice	240ml
6:00pm	Milk 2/3 cup + Semolina 1 tbsp + Sugar 1tbsp + Oil 1 tbsp	240ml
9:00pm	Meat stock 2/3 cup + Boiled vegetable 2 tbsp + Oil 1 tbsp	240ml
Midnight	Milk tea 1 cup + Bread 1 slice	240ml

TUBE FEED DIET PLAN 2

Time	Feed	Quantity
6:00am	Milk tea 1 cup + Plain Cake 1 slice	240ml
9:00am	Milk 2/3 cup + Fruit 1 medium (apple/mango/banana) + Sugar 2 tbsp	240ml
Noon	Meat Stock + Egg white ½ + Bread 1slice + Oil 1 tbsp	240ml
3:00pm	Juice 1 cup + 3 Plain biscuits	240ml
6:00pm	Vermicelli 2 tbsp + Oil 1 tbsp + Milk 2/3 cup + Sugar 1 tbsp	240ml
9:00pm	Meat stock + Cooked lentil 1 tbsp + Boiled Rice 2 tbsp + Oil 1 tbsp	240ml
Midnight	Milk tea 1 cup + Bread 1 slice	240ml

*tbsp stands for tablespoon

Who do I contact for more information?

Our Palliative Care Team is available 24 hours. You can contact us during Hospital hours at +92 42 3594 5100 Ext 2377. For out of office hours, please contact +92 308 445 8991.

If you have further questions, regarding your diet then you may be referred to a clinical nutritionist.

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DIET AND NUTRITION FOR PALLIATIVE CARE



Shaukat Khanum
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While nutritional support is essential for palliative care patients like any other patient, the aims of nutrition change. Palliative care patients must be offered food, but its emphasis is on quality of life and relief of suffering.

Nutrition is important, particularly in early stages of palliative care, as it can give the patient energy and reduce the risk of infection or poor tissue repair. Nutrition also enhances recovery where healing is possible and contributes to patients overall sense of well-being.

This booklet outlines soft and blended diet plans, including ones for those patients on feeding tubes.

What is a soft diet?

A soft diet is recommended in many situations, such as when you experience difficulty swallowing, or have had surgery involving the jaw, mouth or gastro-intestinal tract. A soft diet includes many foods that are mashed, pureed, combined with gravy or cooked in soups.

What precautions should be taken when providing a soft diet to the patient?

Please make sure that the food is easy to chew and swallow. The food should not be served very hot, or chilled/ice-cold. You should add salt, pepper, sugar and additional spices in the food as the patient demands. Serve the food in small, tolerable portions between 5-7 times a day. Discourage the patient from drinking water during the meals as it will reduce the portion of food they will eat.

What does a soft diet plan look like?

Here are two soft diet sample plans. You are free to change foods keeping in view what the patient likes and dislikes.



Lentils (Daal) with Rice

SOFT DIET PLAN 1

Time	Food	Quantity
Breakfast	Porridge/Vermicelli/ Sago Dana (cooked in milk)	1 cup
Snack	Milkshake	1 cup
Lunch	Khichri	1 cup
	Chicken Gravy/ Chicken Stock	½ cup
	Yogurt/Raita	½ cup
Evening snack	Milk Tea	1 cup
	Rusk/Plain Cake/ Biscuits	1-2 pieces
Dinner	Bread	2 slices
	Minced Meat with Gravy	1 plate
Bed time	Custard/Pudding	1 cup

SOFT DIET PLAN 2

Time	Food	Quantity
Breakfast	French Toast	2 slices
	Milk Tea	1 cup
Snack	Juice	1 cup
	Biscuits	2-3 pieces
Lunch	Bread/Bun	2 slices/1 piece
	Soup (Chicken/ Vegetable/Lentils)	1 cup
Evening snack	Milk Tea	1 cup
	Rusk/Plain cake	1-2 pieces
Dinner	Boiled Rice	1 cup
	Lentils	½ cup
Bed time	Kheer/Halwa	1 cup

What is a tube feed?

Tube feeds are initiated when a patient is unable to take food orally or if a patient is unable to meet his nutritional demands orally. Feeding tubes that are passed through the nostrils are known as nasogastric feeding tubes (NGT), which are generally used for short-term feeding, while tubes that are passed through the mouth are known as percutaneous endoscopic gastrostomy tubes or PEGT for short. PEGTs are suitable for long-term use.

What precautions should be taken when preparing tube feeds?

Avoid very hot or chilled foods. Use cooking oil instead of ghee to prepare the food. Avoid ready-made foods from the market.