














## Diet Menu : General Diet (No food restriction)

Type	Full Diet	Special Diet	Vegetarian Diet	Postpartum Diet	Quarantine Meal	Isolation Meal Sterilized Meals	Reusable Utensil																																																																																																																							
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Description	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, and dinner.</li> <li>Lunch comes with a fruit.</li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, dinner, and a refreshment after dinner.</li> <li>Lunch comes with a fruit.</li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, and dinner</li> <li>Lunch comes with a fruit.</li> <li>Provides different types:               <ul style="list-style-type: none"> <li>- Vegan</li> <li>- Lacto-Ovo</li> <li>- Breakfast Only</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, dinner, and a refreshment between each meal.</li> <li>Choose from vermicelli (thin noodle) and porridge for breakfast.</li> <li>Choose from porridge, rice, and noodles for lunch and dinner</li> <li>Lunch and dinner come with a fruit.</li> </ul>	<ul style="list-style-type: none"> <li>The number of meals and nutritional content is based on the diet ordered.</li> <li>The food is put inside containers marked with a "☆" and put inside a hazardous plastic bag.</li> <li>After eating the meal, put the containers and used items into the hazardous plastic bag and dispose to infectious waste bins (red bag) at designated place.</li> </ul>	<ul style="list-style-type: none"> <li>The number of meals and nutritional content is based on the diet ordered.</li> <li>The meal is put inside a bento box and sealed in a heat-resistant plastic bag.</li> <li>Use a microwave to heat up one minute for disinfection.</li> </ul>	<ul style="list-style-type: none"> <li>Only 1 set of utensils will be given for the first time (exclude Tube-Feeding Diet).</li> <li>Please properly wash and reuse.</li> </ul>																																																																																																																							
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- Images are for reference only. The menu will change with the season. Please inform us if you have any dietary contraindications or ingredient allergies. For reservations, please contact our caregivers.







## Diet Menu : Therapeutic Diet (Restriction on Ingredient)

Type	DM Diet	Low Protein Diet	High Protein Diet	Low Fat & Low Cholesterol Diet	High Fiber Diet	Low Residue Diet																																																																																																																																																																																				
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Description	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, dinner, and a refreshment after dinner</li> <li>Lunch and dinner come with a fruit.</li> <li>It is for patients with diabetes mellitus, impaired glucose tolerance, or reduced food portion or calorie intake.</li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, dinner, and a refreshment between each meal.</li> <li>It is for patients with chronic kidney disease, uremia, and hepatic coma.</li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, dinner, and a refreshment between each meal.</li> <li>It is for patients with malnutrition, TB, underweight, or burned.</li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, and dinner.</li> <li>Lunch comes with a fruit.</li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, and dinner.</li> <li>Lunch comes with a fruit.</li> <li>It is for patients with constipation, hemorrhoids, and diverticular disease.</li> </ul>	<ul style="list-style-type: none"> <li>Serves breakfast, lunch, and dinner.</li> <li>Lunch comes with a juice.</li> <li>It is for patients with colonoscopy, and intestinal surgery.</li> <li>No dairy products.</li> </ul>																																																																																																																																																																																				
Nutrition Facts	<p style="text-align: center;">For 1500 Kcal</p> <table border="1"> <thead> <tr> <th></th> <th>Calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>383</td> <td>15.5</td> <td>12.5</td> <td>50.0</td> </tr> <tr> <td>L</td> <td>556</td> <td>19.5</td> <td>17.5</td> <td>80.0</td> </tr> <tr> <td>D</td> <td>556</td> <td>19.5</td> <td>17.5</td> <td>80.0</td> </tr> <tr> <td>Total</td> <td>1495</td> <td>54.5</td> <td>47.5</td> <td>210</td> </tr> </tbody> </table>		Calorie Kcal	Protein g	Fat g	CHO g	B	383	15.5	12.5	50.0	L	556	19.5	17.5	80.0	D	556	19.5	17.5	80.0	Total	1495	54.5	47.5	210	<p style="text-align: center;">For low protein 30g</p> <table border="1"> <thead> <tr> <th></th> <th>Calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>352</td> <td>9.5</td> <td>17.5</td> <td>39.0</td> </tr> <tr> <td>BS</td> <td>104</td> <td>0.4</td> <td>2.5</td> <td>20.0</td> </tr> <tr> <td>L</td> <td>306</td> <td>10.3</td> <td>10.5</td> <td>42.5</td> </tr> <tr> <td>LS</td> <td>208</td> <td>0.7</td> <td>5.0</td> <td>40.0</td> </tr> <tr> <td>D</td> <td>306</td> <td>10.3</td> <td>10.5</td> <td>42.5</td> </tr> <tr> <td>DS</td> <td>208</td> <td>0.7</td> <td>5.0</td> <td>40.0</td> </tr> <tr> <td>Total</td> <td>1482</td> <td>31.8</td> <td>51.0</td> <td>224</td> </tr> </tbody> </table>		Calorie Kcal	Protein g	Fat g	CHO g	B	352	9.5	17.5	39.0	BS	104	0.4	2.5	20.0	L	306	10.3	10.5	42.5	LS	208	0.7	5.0	40.0	D	306	10.3	10.5	42.5	DS	208	0.7	5.0	40.0	Total	1482	31.8	51.0	224	<p style="text-align: center;">For high protein 100g</p> <table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>392</td> <td>14.5</td> <td>13.8</td> <td>52.5</td> </tr> <tr> <td>BS</td> <td>202</td> <td>8.4</td> <td>8.9</td> <td>22.3</td> </tr> <tr> <td>L</td> <td>575</td> <td>23.5</td> <td>16.8</td> <td>82.5</td> </tr> <tr> <td>LS</td> <td>275</td> <td>19.5</td> <td>7.7</td> <td>32.1</td> </tr> <tr> <td>D</td> <td>575</td> <td>23.5</td> <td>16.8</td> <td>82.5</td> </tr> <tr> <td>DS</td> <td>251</td> <td>8.8</td> <td>8.2</td> <td>35.6</td> </tr> <tr> <td>Total</td> <td>2270</td> <td>98.1</td> <td>72.0</td> <td>308</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	392	14.5	13.8	52.5	BS	202	8.4	8.9	22.3	L	575	23.5	16.8	82.5	LS	275	19.5	7.7	32.1	D	575	23.5	16.8	82.5	DS	251	8.8	8.2	35.6	Total	2270	98.1	72.0	308	<table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>487</td> <td>23.0</td> <td>15.0</td> <td>65.0</td> </tr> <tr> <td>L</td> <td>637</td> <td>30.5</td> <td>20.5</td> <td>82.5</td> </tr> <tr> <td>D</td> <td>599</td> <td>30.5</td> <td>23.0</td> <td>67.5</td> </tr> <tr> <td>Total</td> <td>1723</td> <td>84.0</td> <td>58.5</td> <td>215</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	487	23.0	15.0	65.0	L	637	30.5	20.5	82.5	D	599	30.5	23.0	67.5	Total	1723	84.0	58.5	215	<table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>544</td> <td>23.5</td> <td>20.0</td> <td>67.5</td> </tr> <tr> <td>L</td> <td>746</td> <td>31.5</td> <td>30.0</td> <td>87.5</td> </tr> <tr> <td>D</td> <td>686</td> <td>31.5</td> <td>30.0</td> <td>72.5</td> </tr> <tr> <td>Total</td> <td>1976</td> <td>86.5</td> <td>80.0</td> <td>228</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	544	23.5	20.0	67.5	L	746	31.5	30.0	87.5	D	686	31.5	30.0	72.5	Total	1976	86.5	80.0	228	<table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>463</td> <td>22.0</td> <td>15.0</td> <td>60.0</td> </tr> <tr> <td>L</td> <td>666</td> <td>32.5</td> <td>26.3</td> <td>75.0</td> </tr> <tr> <td>D</td> <td>606</td> <td>32.5</td> <td>26.3</td> <td>60.0</td> </tr> <tr> <td>Total</td> <td>1736</td> <td>87.0</td> <td>67.5</td> <td>195</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	463	22.0	15.0	60.0	L	666	32.5	26.3	75.0	D	606	32.5	26.3	60.0	Total	1736	87.0	67.5	195
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➤ **Images are for reference only.** The menu will change with the season. Please inform us if you have any dietary contraindications or ingredient allergies. For reservations, please contact our caregivers.

# Diet Menu : Therapeutic Diet (Chewing and Swallowing Impaired)

Type	Ground Diet	Puree Diet	Bland Diet	Liquid Diet	Thickened Liquid Diet	Tube Feeding Diet																																																																																																																																																																																																																		
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Description	<ul style="list-style-type: none"> <li>• Serves breakfast, lunch, and dinner.</li> <li>• Food is chopped and prepared in small pieces.</li> <li>• Lunch with fruit puree.</li> <li>• It is for patients with chewing dysfunction.</li> </ul>	<ul style="list-style-type: none"> <li>• Serves breakfast, lunch, and dinner.</li> <li>• Lunch with fruit puree.</li> <li>• From ground diet.</li> <li>• It is for patients with chewing dysphagia.</li> </ul>	<ul style="list-style-type: none"> <li>• Serves breakfast, lunch, dinner, and a refreshment between each meal.</li> <li>• Soft and easy-digested without spice added.</li> <li>• Fruit portion is replaced by a juice.</li> <li>• It is for patients with peptic ulcer, gastritis, and other gastric problems.</li> </ul>	<ul style="list-style-type: none"> <li>• Serves breakfast, lunch, dinner, and a refreshment between each meal.</li> <li>• Oral intake only and provides balanced nutrition.</li> <li>• Fruit portion is replaced by a juice.</li> <li>• It is for patients with chewing dysfunction, dysphagia, or post operation.</li> </ul>	<ul style="list-style-type: none"> <li>• Serves breakfast, lunch, dinner, and a refreshment between each meal.</li> <li>• Derived from ground diet.</li> <li>• Fruit portion is replaced by a juice.</li> <li>• It is for patients with chewing dysfunction, and dysphagia.</li> </ul>	<ul style="list-style-type: none"> <li>• Serves breakfast, lunch, dinner, and 1-3 refreshments depend on the need.</li> <li>• Provides balanced nutrition.</li> <li>• Composition of the formula will be based on the disease.</li> </ul>																																																																																																																																																																																																																		
Nutrition Facts	<table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>499</td> <td>23.5</td> <td>15.0</td> <td>67.5</td> </tr> <tr> <td>L</td> <td>623</td> <td>30.5</td> <td>19.0</td> <td>82.5</td> </tr> <tr> <td>D</td> <td>563</td> <td>30.5</td> <td>19.0</td> <td>67.5</td> </tr> <tr> <td>Total</td> <td>1685</td> <td>84.5</td> <td>53.0</td> <td>218</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	499	23.5	15.0	67.5	L	623	30.5	19.0	82.5	D	563	30.5	19.0	67.5	Total	1685	84.5	53.0	218	<table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>499</td> <td>23.5</td> <td>15.0</td> <td>67.5</td> </tr> <tr> <td>L</td> <td>623</td> <td>30.5</td> <td>19.0</td> <td>82.5</td> </tr> <tr> <td>D</td> <td>563</td> <td>30.5</td> <td>19.0</td> <td>67.5</td> </tr> <tr> <td>Total</td> <td>1685</td> <td>84.5</td> <td>53.0</td> <td>218</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	499	23.5	15.0	67.5	L	623	30.5	19.0	82.5	D	563	30.5	19.0	67.5	Total	1685	84.5	53.0	218	<p>For example bland diet NO3.</p> <table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>392</td> <td>14.5</td> <td>13.8</td> <td>52.5</td> </tr> <tr> <td>BS</td> <td>202</td> <td>8.4</td> <td>8.9</td> <td>22.3</td> </tr> <tr> <td>L</td> <td>575</td> <td>23.5</td> <td>16.8</td> <td>82.5</td> </tr> <tr> <td>LS</td> <td>275</td> <td>19.5</td> <td>7.7</td> <td>32.1</td> </tr> <tr> <td>D</td> <td>575</td> <td>23.5</td> <td>16.8</td> <td>82.5</td> </tr> <tr> <td>DS</td> <td>251</td> <td>8.8</td> <td>8.2</td> <td>35.6</td> </tr> <tr> <td>Total</td> <td>2270</td> <td>98.1</td> <td>72.0</td> <td>308</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	392	14.5	13.8	52.5	BS	202	8.4	8.9	22.3	L	575	23.5	16.8	82.5	LS	275	19.5	7.7	32.1	D	575	23.5	16.8	82.5	DS	251	8.8	8.2	35.6	Total	2270	98.1	72.0	308	<table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>325</td> <td>10.0</td> <td>6.3</td> <td>56.6</td> </tr> <tr> <td>BS</td> <td>202</td> <td>10.0</td> <td>8.0</td> <td>22.4</td> </tr> <tr> <td>L</td> <td>469</td> <td>19.3</td> <td>15.6</td> <td>62.7</td> </tr> <tr> <td>LS</td> <td>325</td> <td>10.0</td> <td>6.3</td> <td>56.6</td> </tr> <tr> <td>D</td> <td>469</td> <td>19.3</td> <td>15.6</td> <td>62.7</td> </tr> <tr> <td>DS</td> <td>150</td> <td>5.7</td> <td>5.0</td> <td>20.6</td> </tr> <tr> <td>Total</td> <td>1940</td> <td>74.3</td> <td>56.8</td> <td>282</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	325	10.0	6.3	56.6	BS	202	10.0	8.0	22.4	L	469	19.3	15.6	62.7	LS	325	10.0	6.3	56.6	D	469	19.3	15.6	62.7	DS	150	5.7	5.0	20.6	Total	1940	74.3	56.8	282	<table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>325</td> <td>10.0</td> <td>6.3</td> <td>56.6</td> </tr> <tr> <td>BS</td> <td>202</td> <td>10.0</td> <td>8.0</td> <td>22.4</td> </tr> <tr> <td>L</td> <td>469</td> <td>19.3</td> <td>15.6</td> <td>62.7</td> </tr> <tr> <td>LS</td> <td>325</td> <td>10.0</td> <td>6.3</td> <td>56.6</td> </tr> <tr> <td>D</td> <td>469</td> <td>19.3</td> <td>15.6</td> <td>62.7</td> </tr> <tr> <td>DS</td> <td>150</td> <td>5.7</td> <td>5.0</td> <td>20.6</td> </tr> <tr> <td>Total</td> <td>1940</td> <td>74.3</td> <td>56.8</td> <td>282</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	325	10.0	6.3	56.6	BS	202	10.0	8.0	22.4	L	469	19.3	15.6	62.7	LS	325	10.0	6.3	56.6	D	469	19.3	15.6	62.7	DS	150	5.7	5.0	20.6	Total	1940	74.3	56.8	282	<p>For 1500Kcal</p> <table border="1"> <thead> <tr> <th></th> <th>calorie Kcal</th> <th>Protein g</th> <th>Fat g</th> <th>CHO g</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>250</td> <td>10.4</td> <td>10.7</td> <td>29.0</td> </tr> <tr> <td>BS</td> <td>242</td> <td>9.0</td> <td>7.8</td> <td>36.0</td> </tr> <tr> <td>L</td> <td>250</td> <td>10.4</td> <td>10.7</td> <td>29.0</td> </tr> <tr> <td>LS</td> <td>242</td> <td>9.0</td> <td>7.8</td> <td>36.0</td> </tr> <tr> <td>D</td> <td>250</td> <td>10.4</td> <td>10.7</td> <td>29.0</td> </tr> <tr> <td>DS</td> <td>242</td> <td>9.0</td> <td>7.8</td> <td>36.0</td> </tr> <tr> <td>Total</td> <td>1476</td> <td>58.2</td> <td>55.5</td> <td>195</td> </tr> </tbody> </table>		calorie Kcal	Protein g	Fat g	CHO g	B	250	10.4	10.7	29.0	BS	242	9.0	7.8	36.0	L	250	10.4	10.7	29.0	LS	242	9.0	7.8	36.0	D	250	10.4	10.7	29.0	DS	242	9.0	7.8	36.0	Total	1476	58.2	55.5	195
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- **Meals costs:** In addition to the diet covered by health insurance, all other meals are paid for by the patients themselves. In order to meet the doctor's treatment, if there is any restriction on the dietary composition, the fee will be charged according to the treatment diet. The meals provided by the Nutrition Medicine Center are carefully designed by the dietitian according to the doctor's orders, and inpatients are entitled to a special price for ordering meals.
- **Images are for reference only.** Menu will change with the season. Please inform us if you have any dietary contraindications or ingredient allergies. For reservations, please contact our caregivers.