



Thai cuisine puree diets for elderly with dysphagia, The Thai cuisine puree diets are Riceberry rice with Tom-Kha-Gai and sweet sticky rice with mango. These modified texture puree diets are classified to level 1 Dysphagia pureed of the National Dysphagia diet (NDD). The puree diets are homogenous, cohesive, smooth texture. Moreover, these puree diets are able to hold their shape on a spoon. The texture of puree diets are safe swallowing for the elderly with dysphagia. The Riceberry and Tom-Kha Gai puree diets contain riceberry rice and sugar as a source of carbohydrate, breast chicken as a source of protein and coconut cream substitute as a source of fat. The sweet sticky rice and mango puree diets contain sticky rice, mango pulp and sugar as a source of carbohydrate, egg white powder as a source of protein and coconut cream substitute as a source of fat. One serving size (250 g) of each recipe provide 250 kcal and contain 9-10 g protein, 5-7 g fat and 34-36 g carbohydrate.

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