

ABSTRACT

A packaged soft food that can reduce a burden on assistance with meals is provided. The packaged soft food (1) includes a container body (11) having an opening, a
5 first food item (12) contained in the container body (11) and composed of first soft food (121) or of the first soft food (121) and a first flavoring liquid (122), and a lid (13) covering the opening, wherein a ratio $V1/V2$ of a
volume $V1$ of the first food item (12) to a capacity $V2$ of
10 the container body (12) is 0.7 or less.