

Swallowing advice for: **Puree Diet (Level 4)**



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What is a puree diet?

- ✓ Puree diet should be smooth throughout and have no bits, lumps, skins or shells
- ✓ Should be a thick puree
- ✓ Should be moist
- ✓ It can fall off a spoon slowly and hold its shape on the plate or when scooped
- ✓ Usually eaten with a spoon, but can also be eaten with a fork because it does NOT fall through the prongs
- ✓ It can be piped, layered or moulded



This advice is written for adults. If under 16 years old, please refer to separate paediatric guidelines.

Puree diet should NOT:

- ✗ Require chewing
- ✗ **POUR** off a spoon
- ✗ Be drunk from a cup or sucked through a straw
- ✗ Be mixed all together - each item must be presented separately to encourage an appetite
- ✗ Have a sticky texture in the mouth
- ✗ Have hard pieces, crust or skin
- ✗ Ice cream is not suitable for people having thickened fluids
- ✗ Any loose liquid (e.g. milk, gravy, custard) should be fully drained or well combined within the puree



How to prepare pureed food

- Food can be pureed using a blender, liquidiser, food processor or a masher. Food can also be sieved to get a smooth texture
- Cook food as per cooking instructions and cut into small pieces before blending
- Pureed food often needs to be blended with a liquid, especially dry foods such as meats. Liquids to use can be gravy, milk or stock - water should not be used as it is not nutritious
- If food becomes too thin, thickener can be added to gain the correct texture e.g. cornflour, instant mashed potato or thickener
- Use flavourings to add to the taste eg curry powder, herbs
- Avoid all nuts or seeds, stringy food such as celery or onions and foods with a tough skin eg dried beans, peas or corn - these foods do not puree well.



How to present pureed food

- Puree food must be presented attractively to make it more appealing and appetising
- Food should be pureed separately so there are individual portions of each food on the plate. This retains the individual taste and colour of each item and also makes it more appealing
- Pureed food can be scooped onto the plate using an ice cream scoop or piped using piping bags with different nozzles. Food moulds are also available.



If you are on thickened drinks, puree should not be thinner than your drinks.

Specific food groups

Meat

- Place 100g cooked meat into a blender. Chop meat to a fine texture
- Pour over 100ml liquid e.g. stock, gravy
- Blend to a smooth paste
- Reheat in conventional oven or microwave, save as required.



All types of fruit and vegetables can be pureed fresh / frozen, canned or dried. Some may be better if cooked or stewed before liquidising. Extra stock or sauce can be used to blend.

Fruit

- Place 100g of drained fruit (e.g. peaches, pears) in a blender, blend until smooth. Use tinned juice or fruit juice or syrup as extra liquid during blending
- Use thickener as necessary to achieve the correct texture
- They can also be made into fruit smoothies with yogurt or ice-cream.



Vegetables

- Place 100g of cooked vegetables in a blender and cover with approximately 75ml of nutritious fluid (depending on the vegetable)
- Season and blend until smooth
- Add thickener if required to obtain a creamed potato consistency
- The vegetables can be reheated in the conventional oven or microwave
- The vegetables can be thickened when they are either hot or cold.



Potatoes, Pasta, Rice

- Potatoes - puree all types to ensure a smooth and non sticky texture. If liquid is needed add warm milk, butter, sour cream or cheese
- Pasta and rice - puree using warm milk, butter, cheese or cream when they are either hot or cold.



Soup

- Puree tinned soups that contain vegetables, noodles or meat for a smooth texture without lumps.



If you are on thickened drinks, all soup should be the same consistency as your drinks.

Desserts

- Many desserts are smooth and do not need to be pureed e.g. custard, semolina, smooth yoghurts, chocolate mousse
- Strain or blend other puddings that contain lumps e.g. fruit yoghurts, rice pudding, porridge
- Puree cakes with nutritious liquid e.g. chocolate cake with chocolate sauce or ice-cream.



Nutritious fluids to use to puree foods

Savoury

- to Beef > gravy
> cranberry sauce
> soup
> fruit juices
- to Chicken > gravy
> cream sauce
> fruit juices
- to Ham > pineapple / fruit juices
> white sauce
- to Pork > gravy
> soups
> apple juice
> apple sauce
- to Fish > cheese sauce
> white sauce
> parsley sauce
> tartar sauce
> cream cheese

Sweet

- Custard
- Cream
- Seedless jams.

Examples of flavourings

Savoury	Sweet
Curry powder	Coffee / cocoa, drinking chocolate
Herbs and spices, lemon	Honey, jam, syrup, lemon
Tomato puree	Blackcurrant cordial
Cheese or parsley sauce	Cinnamon, ginger, nutmeg



Suggested puree meal ideas

Breakfast

- Pureed / smooth porridge, ready brek or oatmeal
- Pureed creamy scrambled egg with extra cheese
- Weetabix with milk (blend in pureed banana or other soft fruits).

Main meals

- Pureed minced meat or chicken - add extra flavouring
- Pureed casserole or stews - add lentils or beans prior to blending.
- Pureed potato / vegetables - add extra cheese, margarine
- Pureed pasta / rice with sauces e.g. lentil and vegetable curry.

Puddings

- Stewed / pureed fruit and custard / cream / ice cream
- Pureed rice pudding, instant whips, mousses, sorbet
- Mousse / fromage frais
- Pureed rice pudding.

Puree snacks

- Blended porridge or instant oat cereal or Weetabix served with hot milk e.g. Ready Brek (no lumps)
- Liquidised soft fruit or tinned fruit
- Liquidised stewed apple with sugar
- Banana blended with milk, cream or custard
- Milk based drink, thick fruit smoothies without lumps, skins or seeds
- Strained yoghurt - thick and creamy varieties, Greek yoghurt
- Custard, mousse and crème caramel
- Milk pudding with jam
- Home-made, tinned or packet pudding such as custard and semolina are suitable
- Rice and sago may need to be liquidised
- Angel delight or Instant Whip

What to do if you are losing weight

- Aim for a 'little and often' meal pattern e.g. 3 small meals and 3 snacks per day
- Have nourishing drinks between meals e.g. milk, horlicks, ovaltine, hot chocolate
- High energy drinks are available from your chemist e.g. Build Up or Complan. Have these in- between meals and not as a meal replacement
- Have nourishing snacks between meals e.g. smooth yoghurts, instant hot cereal or weetabix with hot milk, liquidised soft fruit or tinned fruit, fromage frais, mousse and crème caramel
- Use only full fat products e.g. full fat milk, thick and creamy yoghurts, full fat cheese
- Try food fortification i.e. making foods higher in energy and protein without increasing portion sizes.

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