

Speech and Language Therapy

Puree Diet Information Sheet

Why do I need a puree diet?

Your Speech and Language Therapist has recommended that you have a puree diet due to difficulties with your chewing and/or swallowing. If you wish to discuss this in more detail please contact your Speech and Language Therapy team.

What is a pureed texture?

- It is usually eaten with a spoon
- It does **not** require chewing
- Has a smooth texture with no lumps
- Holds shape on a spoon
- Falls off a spoon in a single spoonful when tilted
- Is **not** sticky
- Liquids (like sauces) must not separate from solids

Do not choose foods that are: hard, visible lumps, dry, tough, chewy, crispy, crunchy, sharp or spiky, crumbly, sticky, have stringy textures, have skins or outer shells, husks, pips/seeds, bones or gristle, round/long shaped food, crusts that have formed during cooking and have a mixed consistency of food and fluid i.e. soup with lumps, food with lots of sauce/gravy, cereal.

Meal ideas

Breakfasts

- Ready Brek or other instant oat cereal, wheat biscuit soaked with milk and well-mixed to make a smooth texture.
- Pureed scrambled eggs with extra milk and cheese
- Smooth thick yoghurt or fromage frais
- Pureed stewed fruit

Main Meals

- Pureed meat/poultry with gravy/sauce and creamed potato
- Pureed and sieved curry or dahl served with ground rice/rice flour
- Pureed fish and potato pie, or pureed fish in white/cheese sauce with creamed potato
- Pureed vegetables such as cauliflower, broccoli, carrot. (Try adding cooked potato and stirring through some cream cheese or melted hard cheese)
- Creamed potato or the inside of a jacket potato with smooth pate/cream cheese



Patient Information

Snacks/Puddings

- Mousse, Angel Delight or other instant whips
- Crème caramel without sauce
- Blancmange
- Liquidise sponge pudding or cake with thick sauce or custard

Tips for puree food preparation

When preparing pureed meals try adding milk, cream, gravy or sauce to get the correct consistency and ensure that the nutritional value and taste is maintained. If possible try and keep each blended food item separate on the plate, as this can be more appetising.

Meat, chicken and fish

- Steam or poach to keep soft and tender
- Try slow cooking in a stew or casserole
- Remove any skin, bones or gristle before liquidising
- Use a liquidiser or a food processor to blend thoroughly, adding extra liquids (as above) as necessary
- Use a sieve to ensure the food is a smooth consistency

Potato

- Boil until soft and then mash with milk and butter. Using a liquidiser, hand blender or potato ricer will help to make it smoother.
- Instant mashed potato is useful and can be used without being liquidised. Make this up with milk and butter to improve the nutritional content.

Vegetables

- Peel and remove any seeds before cooking.
- Cook until very tender, drain and blend/mash until completely smooth
- Try boiling potatoes, carrots, parsnips, squash, and then puree before serving.
- For peas and beans, cook, blend and then sieve to remove any skins
- Cream, cheese, butter or milk-based sauces can be added to vegetables before liquidising.

Fruit

- Soft tinned fruit such as peaches, pears and apricots can be pureed.
- Fresh fruit should be peeled, de-seeded and cooked before pureeing.
- Drain away any juice that has separated before serving.

If you have any questions or concerns regarding this leaflet please contact the UHCW Speech and Language Therapy team: 02476 965709

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