DIET MODIFICATION FOR SWALLOWING DIFFICULTIES

Puree Diet Advice

Adult Speech and Language Therapy Department

01625 661067 or 661885
**Purée description**

- Thick, smooth, uniform consistency
- No lumps or bits remain
- Can be eaten with a spoon or fork
- Food should be moist; not sticky or runny
- Requires no chewing
- A small hand liquidiser may be useful
- Present foods separately do not mix together

**General tips**

- Prepare food prior to puréeing i.e. remove bone, gristle, skin
- Use gravy, stock, soup, sauces, milk or fruit juice instead of water to add liquid. This provides more nourishment than water and improves taste
- Purée each part of the meal separately and keep separate on the plate
- If food is too thin, thickener can be added
- Some foods may need sieving after puréeing to remove lumps and bits e.g. stringy meats, fruit with pips

**Breakfast ideas**

- Ready Brek or smooth porridge
- Weetabix (well soaked)
- Puréed scrambled eggs with extra milk and cheese
- Peeled then puréed tinned or fresh fruit e.g. peaches, pears
- Smooth yoghurt or fromage frais
- Fruit smoothies (purée thick)

**Meal ideas**

- Puréed meat and gravy (no bones or skin)
- Puréed cooked fish (no bones or skin) and sauce e.g. cheese, white
- Puréed pasta with sauce
- Puréed boiled white rice with sauce e.g. puréed curry, puréed mince and gravy
- Puréed meat or vegetable casserole
✓ Puréed lentils, e.g. dahl
✓ Potatoes and vegetables (cook until soft)
✓ Any root vegetables. cook until tender, drain and puréed
✓ Vegetables with shells e.g. peas, sweetcorn will need to be sieved after puréeing
✓ Add flavour with mustard or curry powder, fresh herbs, soy sauce, lemon juice, Bovril, Marmite or spices. Avoid adding dried herbs

**Dessert & snack ideas**

✓ Angel Delight, mousse, Instant Whip
✓ Thick custard, whipped cream, puréed semolina, rice or other milk pudding
✓ Puréed stewed fruit and custard (fruit may need sieving)
✓ Crème caramel, smooth fromage frais or
✓ Greek style yoghurt
✓ Egg custard without the pastry
✓ Smooth fruit fools
✓ Plain cake puréed with custard or cream
✓ Thick custard
✓ Thick smooth soup (may need thickener adding)
✓ Smooth peanut butter

**! Caution !**

! Some foods are difficult to purée, these include:
stringy foods, e.g. celery, rhubarb
crunchy foods, e.g. muesli, crisps or nuts, foods with skins or husks, e.g. sausage, peas, sweetcorn
chewy foods, e.g. gristle, toffees

**Not suitable**

× Any food which is too thin to hold its own shape
× Any lumps or bits of food that require any chewing

**Patient details**

Name:________________________

Date leaflet issued:____________
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