

Pureed diet

Why do I need a puréed diet?

If you are having difficulty chewing or swallowing it may be easier to eat food with a very smooth consistency. You can still get all the nourishment you need from puréed foods and drinks, it will however require some planning.

Preparation of puréed diet

- Puréed foods have an even texture and do not require chewing. As a guide, they can be eaten with a fork or spoon but cannot be poured and they can hold their shape.
- Most soft foods can be made into a puréed form by using a liquidiser, food processor or blender.

Food processor – for puréeing larger quantities of food. Unsuitable for small meals.

Blender or liquidiser – can purée both small and large quantities of food.

Hand blender – puréeing liquids e.g. soup.

- A sieve can be used to strain any lumps.
- You will need to add liquid to your solid food to make your puréed food the correct consistency. Always use nourishing liquid e.g. milk, fruit juice, sauces, soup, mayonnaise or gravy. Adding hot liquids to hot food makes reheating unnecessary.
- Make sure that any liquid served in or with the puréed food is as thick as the purée itself. You can add thickeners if needed.
- If you have a freezer, it is often easier to purée several portions at once and freeze them to use later.
- Avoid baby food as it is too low in energy.

Suggestions for enriching foods

Here are some suggestions to add extra nourishment to foods.

- Use whole (full fat) milk, full fat yoghurt and cream. Add grated cheese, butter, margarine or mayonnaise to vegetables or potatoes.



- **Fortified Milk** – Add 4 tablespoons of dried milk powder (e.g. Marvel or supermarket brand dried milk) to 1 pint of whole (full fat) milk. Use this fortified milk in place of ordinary milk on cereals, in drinks, custards, soups or sauces.
- **Fortified soup** – make up condensed soup with fortified milk.
- Add extra **sugar, honey or syrup** to your drinks or desserts.
- If you are unable to face a large meal, aim to eat 3-4 smaller meals a day with nourishing drinks or enriched soups in between meals.
- It may be necessary to take a multivitamin supplement if you are not eating a wide variety of foods in your diet. Discuss with your dietitian or doctor.

Ideas for meals

Breakfast

- Stewed or puréed canned fruit e.g. apple, apricots, prunes, figs. Serve on its own, or with full fat yoghurt or fromage frais.
- Mashed banana mixed with full fat yoghurt or cream and sugar, syrup or honey.
- Porridge or instant oat cereal. Make up to desired consistency with milk, and purée. Add cream, sugar, syrup or honey to taste.
- Weetabix soaked in milk. Add extra milk and purée if needed. Add sugar, syrup or honey to taste.
- Scrambled eggs in cream, puréed to desired consistency and serve with puréed tinned tomatoes.
- Drinks, fruit juice, without the 'bits'. Coffee or tea made with fortified milk.



Main meals

Meat dishes

Cook meat well before puréeing (minced meats are easier to purée), remove skin, bones and gristle. Add enough liquid to the chopped or minced meat to get the desired consistency e.g. soup, milk, white sauce, tinned creamed mushrooms or curry sauces. Braised steak, casserole chicken or other slow cooked meat dishes purée particularly well.

Vegetarian dishes

Minced quorn and soya mince can be used with a variety of sauces to produce a tasty meal when puréed.

Fish dishes

Poach fish in milk and butter. Remove bones and purée. Cheese or parsley sauce can also be added for variety.

Frozen purée meals

Some companies e.g. Wiltshire Farm Foods can deliver frozen puréed food to your door. Tel: 0800773773 www.wiltshirefarmfoods.com

Vegetables

- Mashed swede, turnips and carrots with butter. Purée and sieve if necessary.

- Cauliflower or broccoli florets not stalks, mashed and mixed with white or cheese sauce.
- Mushy peas, peas, baked beans, kidney beans. Mash with added liquid then sieve to remove skins.
- Mashed potato with butter and milk to soften. Serve with grated cheese, or mix with puréed vegetables.
Instant mashed potato may be used instead of fresh potato.

Light meals

- Lentil or split pea soup, sieved if necessary.
- Condensed soups made up with fortified milk.
- Baked beans, kidney beans or other canned pulse vegetables or chopped ham, puréed into home-made or packet soup. (If pulses are too 'husky', sieve the skins).
- Baked beans with mashed potato or soft cooked pasta. Add butter, Worcestershire sauce or other condiments. Purée with soup or ready made tomato sauce.
- Cauliflower cheese using well-cooked florets, not stalks, puréed.
- Macaroni cheese (home made, tinned or chilled) puréed.
- Canned spaghetti with added cheese, puréed.
- Try scrambled eggs with added milk and butter, purée then add grated cheese.

Keep a bag of grated cheese (full fat version) in the fridge to sprinkle into soups, sauces and other dishes.



Puddings

- Ripe soft fruit and frozen fruit will purée well. Or try canned or stewed dried fruits such as apricots, prunes and figs. Remove skin and seeds from fruit if necessary or sieve after puréeing.
- Add ice cream*, custard, evaporated milk, full fat milk or Greek yoghurt, fromage frais or cream to fruit to make a fruit fool.
- Make desserts by using yoghurts (full fat versions), fromage frais, mousse, puréed rice pudding, instant whips, custard or ice cream*.
- Milk jelly*, blancmange or instant whip made with fortified milk.
- Canned or cartons of custard are useful on their own, or with puréed fruit.
- Pour bottled sauce toppings e.g. chocolate or strawberry sauce, on to ice cream* or mousses.



*Ice cream and jelly should not be served unless you have been advised by a Speech & Language Therapist that it is safe to do so.

Appetising Puréed Food

Try the following ideas to make puréed food look interesting and appetising:

- All-in-one dishes e.g. beef stew or Lancashire hot pot can be liquidised all together.

- Some foods, especially green and orange foods e.g. peas, sprouts, cabbage, carrots, sweet potato, butternut squash are best liquidised and served separately.
- Adjust colouring with gravy browning or tomato purée.
- Use different flavouring e.g. meat and yeast extracts, stock cubes, tomato purée, Worcestershire sauce, mustard, cranberry or tomato sauce in savoury dishes. Or try coffee, cocoa, honey, cinnamon, ginger, nutmeg, lemon, Ribena, rum or brandy (if permitted) in sweet dishes.

Try the following suggestions to add to soft meals before puréeing:

Instant sauce – Make up condensed soup with half the quantity of liquid recommended for a soup consistency and heat until warmed through. (Use fortified milk). Try tomato, mushroom and asparagus flavours.

Easy Cheese sauce – 1 tub of crème fraiche with 2 tablespoons of added grated cheese e.g. Cheddar, blue cheese or parmesan.

Instant packed or tinned sauces – Try red or white wine, curry, mushroom, cheese and parsley sauces to add variety and flavour to dishes.

Instant gravy – Add hot water to gravy granules and use in savoury dishes.

Nourishing drinks to make yourself

Fruit Smoothies

¼ pint/150ml fortified milk
 ½ banana, 3 slices tinned peaches in syrup
 1 scoop ice cream
 Place all in blender and purée until smooth.
 To thin down, add extra milk.



Extra Fruity Fruit Smoothies

Replace milk with pure fruit juice*
 Add a swirl of cream just before serving.

Yoghurt Milk Shake

1 small carton full fat smooth yoghurt made up to ¼ pint/150ml with fortified milk.

Ice Cream Soda

Mix 1 scoop of ice cream into fizzy drinks e.g. lemonade, orangeade, cherryade or similar drink for a refreshing change.

Hot Milk-based Drinks

Coffee, drinking chocolate, Ovaltine, Horlicks or other bedtime drinks made with full fat milk. Add mini marshmallows and a squirt of whipped cream for extra indulgence.

*Use pure fruit juice or vitamin enriched juice drinks e.g. Ribena, or 'C'Vit to provide extra vitamins.

NB If you have been advised to have thickened drinks, make sure that you prepare them to the correct consistency. You can seek further advice from your Speech & Language Therapist or Dietitian.

Nourishing drinks to buy

These are available in a range of types and flavours

- Milk shake powders that you mix with whole (full fat) milk (e.g. Complan or Meritene) to make milkshakes
- Canned liquid milkshakes e.g. Nurishment
- Soup powders that you mix boiling water or hot full fat milk (e.g. Complan Soup, Meritene Soup) to make nourishing soups



Nourishing supplements available on prescription

Your doctor may agree to prescribe these for a period of time. If you are finding your diet too limiting, and you are losing weight, you may find these helpful. Please ask your dietitian for further advice.

Sample meal plan

Breakfast

Fruit Juice

Instant oat cereal with fortified milk, cream and soft brown sugar

Mid Morning

Milky drink or fruit smoothie or supplement drink

Mid Day Meal

Puréed meat or fish dish

Mashed potato with milk, butter and grated cheese

Puréed vegetables

Milk pudding

Mid Afternoon

Milky drink or supplement drink

Evening Meal

Condensed soup made up with fortified milk
Puréed macaroni cheese or scrambled egg
Puréed fruit mixed with Greek yoghurt

Late Evening

Milky drink or supplement drink.

Am I eating enough?

Weight Loss

Weigh yourself regularly (every 1-2 weeks). Your weight will give you some idea as to whether you are eating enough. It is important if you are losing weight to be seen by a Dietitian for advice. Ask your GP or hospital doctor to refer you. If you have been referred previously, use the contact details on the front cover to ask for another appointment with your Dietitian. It may be useful to keep a record of what you are eating so that appropriate advice can be given.

Constipation

- Constipation may be a problem with your changing diet. Some medications e.g. painkillers may also cause constipation. The following suggestions may help:
- Drink at least 8 -10 cups of fluid a day.
- Try fruit juice (avoid if mouth is sore) or puréed fruit.
- Try prunes, apricots or figs, soaked and stewed or the canned varieties. Purée in extra juice to right consistency and sieve if necessary.
- Choose a higher fibre breakfast cereal such as porridge or Weetabix soaked in milk before puréeing.
- Include puréed vegetables, especially pulses e.g. beans or mushy peas.
- Discuss the need for laxatives with your doctor.

Contact details: **Nutrition and Dietetic Services**

Tel: (01225) 824398 (RUH), (01225) 833916 (St Martin's Hospital)

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3NG 01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.