

## Pureed Diet

### What is a pureed diet?

A pureed diet is regular food that is blended, mashed or whipped to be smooth and free of lumps, just like pudding. Foods with nuts or seeds, and uncooked fruits and vegetables are not allowed on this diet.

### Why do I need to follow a pureed diet?

You may need a pureed diet if you have problems chewing or swallowing your food. Pureed foods are “ready to swallow” and do not need any extra chewing. The goal of a pureed diet is to get you to eat enough food for you to maintain your weight. Adding foods that are high-calorie and high-protein can sometimes be helpful. Ask your healthcare team for these handouts: “Suggestions to Increase Calories” and “Nutrition Guidelines: Protein.”

### How do I make pureed foods?

- Cook food first and then cut-up into small pieces.
- Allow food to cool.
- Place food in a processor or blender to puree it.
- Add a liquid you like such as milk, half and half, broth, fruit or vegetable juice, gravy, sauce, or nutrition supplement drink.
- Puree the food until it is thick, like pudding.
  - Add more liquid to food if it is too thick.
  - Add potato flakes or commercial thickeners, such as Thick-It® or Thicken Up®, to food if it is too thin.

### What is a slurry?

A slurry is used to make foods soft and moist, allowing for easier swallowing. Some foods that are dry and crumbly, such as muffins, biscuits, breads, cakes and cookies, should be softened with a slurry instead of pureed. To create a slurry, you can use unflavored gelatin powder or cornstarch. You can find these in your local grocery store.

### How do I make a slurry?

- Dissolve 1 tablespoon of gelatin or cornstarch in 2 cups of liquid, such as water, broth, or juice.
  - If using gelatin, do not chill or let the mixture harden, like you would when making Jell-O®.
- Pour the slurry mixture over the food.
- Allow to set for 15 minutes or until the food is completely softened.

### Cooking and Preparation Tips

- Use sugar, salt, pepper and other seasonings to flavor food.
- Puree larger amounts of food items and freeze them for future meals and snacks.
- Reheat foods carefully so a tough outer crust does not form on them.
- To save time, you can buy baby food. Just be sure to strain it before eating.



The table below lists different foods from each food group that you should choose and avoid while on a pureed diet:

<b>Food Group</b>	<b>Try These Foods</b>	<b>Foods to Avoid</b>
Starches (Breads, Cereals, Rice, and Pasta)	<ul style="list-style-type: none"> <li>• Pureed bread, rolls, pastries, pancakes, waffles, crackers, sweet rolls, muffins, pasta, noodles, and rice</li> <li>• Smooth, cooked cereal (Grits, Cream of Wheat<sup>®</sup>, Cream of Rice<sup>®</sup>)</li> <li>• Broth, strained cream soup</li> <li>• Mashed potatoes (no lumps)</li> <li>• Pureed rice (cooked, then pureed)</li> </ul>	<ul style="list-style-type: none"> <li>• Any foods that have not been pureed</li> <li>• Dry cereals, oatmeal or cooked cereals with lumps, seeds, or chunks</li> <li>• Cooked cereals with nuts or seeds</li> <li>• Granola</li> <li>• Potato skins</li> </ul>
Proteins (Meats, Fish, Poultry, Eggs And Tofu)	<ul style="list-style-type: none"> <li>• Pureed meat, fish, or poultry</li> <li>• Pureed legumes, hummus</li> <li>• Pureed scrambled eggs or egg substitute</li> <li>• Smooth peanut butter</li> <li>• Pureed casseroles</li> <li>• Pureed tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Fried meats</li> <li>• Sausages or other products with tough skins</li> <li>• Poultry skin</li> <li>• Fish with bones</li> <li>• Fried eggs</li> <li>• Nuts, crunchy peanut butter</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Pureed fruits (without skins or seeds), well mashed fresh bananas and avocados</li> <li>• Fruit juices and nectars</li> <li>• Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• Any whole fruits that have not been pureed (fresh, frozen, canned or dried)</li> <li>• Any fruit with seeds, tough skins, or that are stringy</li> <li>• Coconut</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• Pureed vegetables</li> <li>• Vegetable juices</li> <li>• Tomato paste and sauce without seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or fried vegetables that have not been pureed and that have seeds, tough skins, or are stringy</li> <li>• Tomatoes or tomato sauce with seeds</li> </ul>
Milk/Cheese	<ul style="list-style-type: none"> <li>• Milk and milk beverages/drinks</li> <li>• Smooth pudding</li> <li>• Smooth yogurt and custards</li> <li>• Ice cream and milkshakes</li> <li>• Cheese sauce</li> <li>• Pureed cheese</li> <li>• Pureed macaroni and cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Tapioca or rice pudding</li> <li>• Yogurt and ice cream with fruit chunks, nuts or seeds</li> <li>• Hard cheeses</li> </ul>
Sweets and Desserts	<ul style="list-style-type: none"> <li>• Pudding, sherbet, ice cream, custard, gelatin, fruit ice, pudding pops, shakes</li> <li>• Smoothies</li> <li>• Pureed cakes and pies</li> <li>• Jelly, sugar, honey, syrups</li> <li>• Whipped topping</li> </ul>	<ul style="list-style-type: none"> <li>• Baked goods with nuts, seeds, or coconut</li> <li>• Chocolate, butterscotch, or peanut butter chips</li> <li>• Marmalade</li> <li>• Popcorn</li> </ul>
Fats, Drinks and Condiments	<ul style="list-style-type: none"> <li>• Margarine, butter, gravy, sauces</li> <li>• Salt, pepper, and ground spices</li> <li>• Cooking fats and oils</li> <li>• Salad dressings and mayonnaise</li> <li>• Cream and cream substitutes</li> <li>• Coffee, tea or any other smooth beverages/drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Fats that are lumpy or have coarse, chunky additives such as nuts and seeds</li> </ul>

## **Sample Meal Plan\***

### **Breakfast:**

½ cup Cream of Wheat<sup>®</sup>, sprinkled with sugar  
1 pureed scrambled egg  
1 slice of bread (with slurry or pureed) with jelly & butter  
1 cup coffee with cream

### **Mid-morning Snack:**

½ cup vanilla pudding

### **Lunch:**

1 cup cream of chicken soup, strained  
½ cup pureed macaroni and cheese  
1 cup 2% milk

### **Afternoon Snack:**

6 oz. smooth yogurt mixed with ½ cup pureed peaches

### **Dinner:**

½ cup pureed meatloaf with ketchup  
½ cup mashed potatoes with gravy  
½ cup pureed carrots and ¼ cup pureed peas, mixed together  
½ mashed banana  
Iced tea

### **Evening Snack:**

1 chocolate milkshake



\*This is a sample menu plan. There are foods not listed in this sample that you can eat while following a pureed diet. Please do not limit your intake to just the foods listed on this menu.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.