



# Pureed diet (IDDSI 4)

Allied Healthcare Professionals (AHP)  
Speech & Language Therapy Services

Patient name: .....

Date: .....

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Introduction

Dysphagia is a term used if you have a difficulty swallowing food, drink or medication. You have been assessed by a Speech & Language Therapist and they have recommended that you have a pureed diet.

It is important that you follow these recommendations because other consistencies may get stuck in your throat, causing choking or enter your airway or lungs resulting in a chest infection, or even pneumonia.

The Dietitian can give you advice on how to achieve a balanced diet.

This booklet is designed to give you practical guidance to help you follow the advice you have been given by the Speech & Language Therapist and Dietitian.

If you have any questions please contact your Speech & Language Therapist or Dietitian.

## What is pureed food?

- Smooth with no lumps, and not sticky
- Does not require chewing
- Holds its shape on a spoon; will fall off the spoon in a single spoonful if tilted
- Liquid does not separate from solid
- Could be piped, layered or moulded
- On a fork, it sits in a mound and does not dollop, flow or drip continuously through the fork prongs
- Does not spread out if spilled.

**Spoon tilt test: Holds shape on spoon; not firm and sticky; little food left on spoon**



## How do I prepare it?

- Chop solid food into small pieces
- Choose foods without skins, for example, chicken fillets, skinless sausages or sausage meat
- Grate vegetables before cooking. This makes them easier to purée
- Puree each food item separately
- Use a blender or food processor
- Add a liquid like milk, juice, sauce, stock or gravy (not water as it dilutes the taste and goodness in the food)
- Puree the mixture until it is smooth
- Check the puree holds its shape on the spoon, add potato, thickener or corn flour mixed with water if the food is too thin
- Remove any bits
- Check that no crusts or skins have formed during cooking or standing
- Ensure there is no separated liquid.

## Food appearance and taste

The appearance and taste of your food is important; here are some ideas to make your food more appetising:

### **To improve the taste of savoury foods try adding:**

- Salt
- Pepper
- Garlic
- Worcester sauce
- Tomato sauce
- Mint jelly
- Apple sauce
- Garam masala or your favourite herbs and spices.

### **To improve the taste of sweet foods try adding:**

- Seedless jam
- Lemon curd
- Fruit syrups
- Blackcurrant cordial
- Chocolate sauce
- Honey
- To make the food look attractive and tempting, and to vary the tastes, present each food item separately on the plate
- Puree each food item separately
- Arrange the food using an ice cream scoop, piping bags or food moulds.

## Suitable foods and foods to avoid

	Suitable foods	Foods to avoid
<b>Breakfast</b> Should be made to a smooth mousse like consistency.	<ul style="list-style-type: none"> <li>• ReadyBrek</li> <li>• Porridge</li> <li>• Weetabix</li> </ul>	<ul style="list-style-type: none"> <li>• Muesli</li> <li>• Shredded Wheat</li> <li>• Cornflakes</li> <li>• Rice krispies.</li> </ul>
<b>Main Dishes</b> Pureed all meat and fish and combine with a thick gravy or sauce. Remove any skin, bones or gristle before being pureed.	<ul style="list-style-type: none"> <li>• Pureed meat (chicken, beef, goat, lamb) in a thick gravy</li> <li>• Pureed Fish (plaice, salmon, haddock snapper, bream, red mullet, hake) in a thick sauce</li> <li>• Pureed skinless sausages in a thick gravy / sauce</li> <li>• Fish mousse / terrine</li> <li>• Puréed mince and gravy</li> <li>• Pureed Quorn or Tofu</li> <li>• Pureed dhal/curried lentil (sieved to remove husks)</li> <li>• Pureed cheese and potato pie.</li> </ul>	<ul style="list-style-type: none"> <li>• Dry meat poultry or fish</li> <li>• Tough stringy meat, ribs bacon</li> <li>• Meat Pie</li> <li>• Sausages with skin on</li> <li>• Coarse / gristly meat e.g. burgers.</li> </ul>
<b>Starchy Foods</b> Add butter, milk, ghee, coconut milk to puree into a smooth lump free consistency.	<ul style="list-style-type: none"> <li>• Pureed potatoes</li> <li>• Pureed sweet potatoes</li> <li>• Overcooked pasta noodles mixed with butter oil or sauce</li> <li>• Pureed, yams, cassava, plantain, green banana.</li> </ul>	<ul style="list-style-type: none"> <li>• Bread</li> <li>• Naan</li> <li>• Chapatti</li> <li>• Rice</li> <li>• Roast potatoes</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Cream cheese</li> <li>• Yoghurt (thick with no bits)</li> <li>• Pureed scrambled eggs.</li> </ul>	<ul style="list-style-type: none"> <li>• Hard cheese</li> <li>• Stringy cheese e.g. mozzarella</li> <li>• Yoghurt with fruit / nuts</li> <li>• Fried or poached eggs.</li> </ul>

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<p><b>Fruit and Vegetables</b></p> <p>Puree all fruit and vegetables into a thick smooth consistency, with no lumps. Strain the fruit and ensure all skins, stones and pips are removed</p> <p>Use fresh or frozen vegetables and fruit daily</p>	<ul style="list-style-type: none"> <li>• Tinned or stewed fruit (strained and pureed) – peach, apple, mango, apricots, prunes</li> <li>• Pureed carrots, cauliflower, broccoli, parsnips, squash, avocado, pumpkin</li> <li>• Pureed potato, sweet potato</li> <li>• Pureed cauliflower cheese.</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables with stalks and skins for example beans, peas</li> <li>• Cabbage</li> <li>• Celery</li> <li>• Salad</li> <li>• Fruit or vegetables with pips or husks</li> <li>• Dried fruit</li> <li>• Stringy fruit , for example oranges.</li> </ul>
<p><b>Puddings / snacks</b></p>	<ul style="list-style-type: none"> <li>• Thick yogurt or mousse (no bits)</li> <li>• Fromage frais</li> <li>• Thick custard</li> <li>• Blancmange</li> <li>• Thick ground rice pudding</li> <li>• Thick semolina</li> <li>• Crème caramel (mix in liquid)</li> <li>• Egg custard (no pastry or skin).</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuits</li> <li>• Pastry</li> <li>• Sweets</li> <li>• Chocolate</li> <li>• Jelly</li> <li>• Crumble.</li> </ul>

# Meal Ideas

## Breakfast

- Pureed fruit
- Smooth full-fat thick yoghurt
- Porridge or ReadyBrek (add sugar, syrup or honey).

## Lunch

- Pureed corned beef hash; pureed vegetables
- Pureed chicken curry with pureed vegetables
- Puree cheese and potato pie.

## Dinner

- Pureed fish in cheese sauce served with pureed creamed potatoes (with extra butter and milk) and pureed carrots
- Pureed casseroles or stews, pureed root vegetables
- Pureed Macaroni Cheese
- Pureed vegetable Chilli with mash.

## Desserts

- Instant whip
- Mousse
- Smooth thick yoghurt
- Thick ground milk pudding
- Baked egg custard (no pastry)
- Pureed fruit.




## Snacks

- Custard pots
- Yoghurt
- Fromage Frais
- Pureed Avocado with yoghurt
- Smooth Hummus.

## Safer swallowing

To maximise the safety of your swallow remember to:

- Have only small amounts
- Give plenty of time between each mouthful
- Have smaller meals more frequently
- Avoid talking and eating at the same time
- Do not wash down food with a drink
- Sit upright for at least 30 minutes after eating.

		
Sit upright	Take your time	Reduce distractions

## Good nutrition

A Dietitian will be able to give you more specific advice about your diet, and advise on any appropriate supplements you may need.

### How to increase your calorie intake

Changing your diet might make you lose weight; you can try to avoid this by adding extra nourishment to your meals:

- Sugar, seedless jam, honey and cream to your breakfast
- Butter, ghee or margarine in your vegetables and potatoes
- Double cream, yoghurt, milk, evaporated milk to porridge, sauces and puddings, mashed potato, vegetables, drinks
- Coconut cream, olive oil, avocado to savoury foods
- Try to use at least 1 pint of whole milk per day
- Try using 'double strength' milk for example whisk 2oz (60g) dried milk powder into 1 pint (600ml) whole milk.

### Why should you eat when you do not feel hungry?

If you eat less food than you need, you will lose weight and use up your stores of important nutrients such as iron, vitamins and protein. This means you will not fight off infections, feel weak and tired and your body will be unable to heal itself.

## Buy in options

Some companies produce pre-prepared Level 4 pureed meals. These can be delivered and stored in the freezer.

The following companies provide these meals. The following list is for information only and other companies may be available.

The Royal Wolverhampton NHS trust does not endorse any specific companies.

**WILTSHIRE**

EST. **FARM** 1991

**FOODS**

[www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)  
Tel: 0800 077 3100

**Oakhouse**  
*foods*

[www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)  
Tel: 03333706700

## Contact information

### **Speech and Language Therapy**

Tel: 01902 444363

Email: [rwh-tr.Speech-And-Language@nhs.net](mailto:rwh-tr.Speech-And-Language@nhs.net)

### **Dietetics**

Tel: 01902 695335





## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

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