

## Sample Pureed Menu Plan

Below is a 1-day Pureed menu that has been adapted from the [Example of a Completed Regular Menu Plan](#) in Section 2.5. Changes made to the Regular menu to fit the Pureed diet are shown in bold. If a Pureed diet is ordered along with Thick Fluids, more foods will need to be avoided or altered, as shown below. A Pureed diet will automatically include both the texture modifications: Pureed Bread Products and No Mixed Consistencies (as described in Section 5 of the toolkit). A ✓ indicates no change from the **Pureed** menu item.

Meal	Regular Menu Item	Pureed Menu Item	Pureed with Thick Fluids	Portion Size	Canada's food guide
Breakfast	Coffee/tea and water	Coffee/tea and water	Thicken	1 cup/ 250 mL	<b>Beverages</b>
	100% apple juice	100% apple juice	Thicken	½ cup/ 125 mL	<b>Vegetables and Fruits</b>
	Bran cereal with raisins	<b>Oatmeal</b>	✓	¾ cup/ 175 mL	<b>Grain Products</b>
	Whole grain toast	<i>(See section 5.3.7 of the toolkit for a recipe on how to make a slurry).</i>	✓	2 slices (1 oz/ 35 g each)	<b>Grain Products</b>
	Banana	<b>Peanut Butter and Banana Smoothie</b> including: Banana <b>Whole (Homo) 3.25% Milk</b> or fortified soy beverage <b>Smooth</b> peanut butter	Thicken (Note: smoothies should not contain any ice, ice cream, or sherbet).	1 medium	<b>Vegetables and Fruits</b>
	Milk/fortified soy beverage			1 cup/ 250 mL	<b>Protein Foods (Milk &amp; Alternatives)</b>
	Peanut butter			1 package (1 Tbsp/ 15 mL)	<b>Protein Foods (Meat &amp; Alternatives)</b>

## Sample Pureed Menu Plan (Continued)

Meal	Regular Menu Item	Pureed Menu Item	Pureed with Thick Fluids	Portion Size	Canada's food guide
Lunch	Water and coffee/tea	Water and coffee/tea	Thicken	1 cup/ 250 mL	Beverages
	Beef barley soup	<b>Blended</b> beef barley soup	Thicken as needed	1 cup/ 250 mL	Grain Products
	Turkey sandwich wrap on whole grain whole wheat pita bread, with romaine lettuce and tomato slices	<b>Pureed turkey salad with pureed whole grain whole wheat bread (no lettuce or tomato slices) OR Pureed turkey with pureed pasta</b>	✓	2-3 oz/ 60-90 g lean turkey breast	Protein Foods (Meat & Alternatives)
					2 slices (1 oz/35 g each)
	Carrot sticks	<b>Pureed carrots, topped with margarine</b>	✓	½ cup/ 125 mL	Vegetables and Fruits
	Tossed salad	<b>Pureed green peas</b>	✓	½ cup/ 125 mL	Vegetables and Fruits
	Milk/fortified soy beverage	<b>Whole (Homo) 3.25% Milk</b> or fortified soy beverage	Thicken	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
	Grapes	<b>Apple sauce</b>	✓	½ cup/ 125 mL	Vegetables and Fruits
Afternoon Snack	Water and coffee/tea	Water and coffee/tea	Thicken	1 cup/ 250 mL	Beverages
	Orange	<b>Pureed canned mandarin oranges</b>	Drain excess liquid	½ cup/ 125 mL	Vegetables and Fruits
	Oatmeal Cookie	<b>Blended bread pudding</b>	✓	½ cup/ 125 mL	Grain Products

## Sample Pureed Menu Plan (Continued)

Meal	Regular Menu Item	Pureed Menu Item	Pureed with Thick Fluids	Portion Size	Canada's food guide
Supper	Water and coffee/tea	Water and coffee/tea	Thicken	1 cup/ 250 mL	Beverages
	Meatloaf	<b>Pureed meatloaf, topped with 2 Tbsp/ 30 mL gravy</b>	Serve gravy on food, not on side	1 slice (2 x 4 x ½ inch/ 5 x 10 x 1 ½ cm)	Protein Foods (Meat & Alternatives)
	Baked potato	<b>Smooth mashed potatoes, topped with 2 Tbsp/ 30 mL gravy</b>	Serve gravy on food, not on side	½ cup/ 125 mL	Vegetables and Fruits
	Green beans	<b>Pureed green beans, topped with margarine</b>	✓	½ cup/ 125 mL	Vegetables and Fruits
	Whole grain tray bun	<b>Pureed whole grain tray bun</b>	✓	1 bun (1 oz/35 g)	Grain Products
	Milk/fortified soy beverage	<b>Whole (Homo) 3.25% Milk</b> or fortified soy beverage	Thicken	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
	Baked apple with cinnamon	<b>Pureed</b> baked apple with cinnamon	✓	1 medium	Vegetables and Fruits
	Vanilla pudding	Vanilla pudding	✓	½ cup/ 125 mL	Desserts
Evening Snack	Water and coffee/tea	Water and coffee/tea	Thicken	1 cup/ 250 mL	Beverages
	Salmon salad sandwich on whole wheat bread	<b>Pureed salmon with biscuit slurry</b>	✓	1 – 1 ½ oz / 30-45 g salmon  1 biscuit (1 oz / 35 g)	Protein Foods (Meat & Alternatives)  Grain Products

Below is a further description of foods that will need to be avoided or altered for the menu above if Thick Fluids are ordered along with the Pureed Diet. For more details on Foods Allowed and Not Allowed for this diet modification, see the corresponding allowed/not allowed in appendices.

### **If 'Thick Fluids' is ordered**

- Provide water, juice, milk, hot beverages and soup thickened to the ordered consistency - Mildly Thick (Nectar), Moderately Thick (Honey), or Extremely Thick (Pudding).
- Replace desserts that can melt into thin fluids (ice cream, sherbet, popsicles, or gelatin desserts) with desserts that do not melt (pudding, custard, fruit sauce).
- Serve gravies/sauces on the food, not on the side. As long as they do not pool on the plate, they do not need to be thickened.
- Smoothies or milkshakes can be offered if thickened to the appropriate consistency. Ice, ice cream, or sherbet should not be used, as these ingredients will melt, causing the smoothie or milkshake to change consistency after serving.
- See the Section 5.3.8 on [Thick Fluids](#) for more information.