

# Pureed Bread Products

A pureed diet is needed for people who have trouble chewing or swallowing. This can happen for many reasons such as mouth pain, poorly-fitting dentures, or missing teeth. Children going through tooth development may also have difficulties chewing or swallowing.

Some people with swallowing problems can eat bread products only if they are pureed.

## What are pureed bread products?

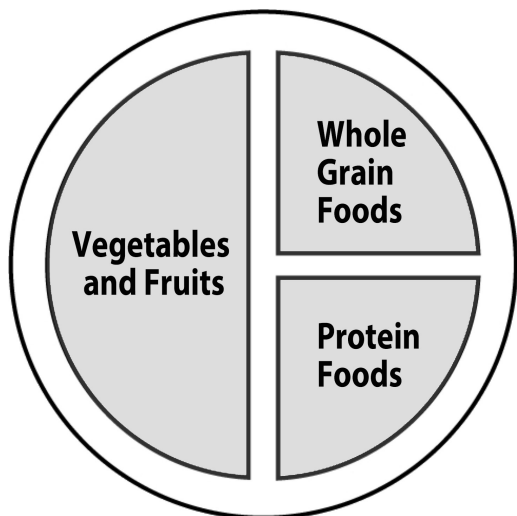
Pureed bread products are:

- moist, smooth, and cohesive with no water separation
- the texture or consistency of a pudding or mousse
- are not lumpy, thin, or runny

## Eating well

Canada's Food Guide recommends eating a variety of healthy foods every day. This includes:

- Having plenty of vegetables and fruits
- Eating protein foods
- Choosing whole grain foods



## Grain products

### Foods to choose:

- cooked cereals (cornmeal, Cream of Wheat<sup>®</sup>, oat bran, oatmeal)
- infant cereal
- pureed bread products (bread, buns, toast)
- pureed baked items (biscuits, loaves, muffins, polenta)
- pureed French toast, pancakes, or waffles
- pureed barley, couscous, pasta, or rice
- pureed bread pudding or bread stuffing without dried fruit, nuts, seeds, or any hard food pieces
- slurried crackers, muffins, pancakes, or waffles (see *How to make a slurry mix* on the next page)
- pureed sandwiches with allowed ingredients

### Foods to avoid:

- cold cereals
- cooked cereals containing seeds, whole flax seeds, or any hard food pieces (Red River<sup>®</sup>, Sunny Boy<sup>®</sup>)
- grain products containing chocolate chips, dried fruit (coconut, cranberries, raisins), nuts, seeds, or any hard food pieces

# An idea to make bread products the right texture

## What is a bread product slurry?

A bread product slurry is made from liquid and a commercial thickener. It is used to soak a bread product (such as bread, cookies, muffins, or pancakes) to help soften the food to the right texture. Bread product slurries feel like pudding in the mouth.

### How to make a slurry mix

1 Tbsp	commercial thickener	15 mL
½ cup	hot milk (can also use hot juice, water, or nutritional supplement drink).	125 mL

Mix commercial thickener with hot milk and stir until smooth.

## Below are some recipes to try:

### Slurry Digestive Cookies

¼ cup	slurry mix (from instructions above)	60 mL
2	digestive cookies	2

1. Place two digestive cookies in a dish.
2. Cover with slurry mix. Let stand until soft, and then serve.

### Slurry Pancakes

½ cup	slurry mix (from instructions above)	125 mL
1	pancake	1

1. Place pancake in a dish and add slurry mix. Spread evenly and cover. Put in the refrigerator overnight to let the pancake absorb the slurry mix.
2. Warm in a microwave, oven, or toaster oven. Remove, and serve with applesauce, jelly, or syrup.

## Making pureed bread products

Pureed bread products are solid foods blended with a liquid until smooth.

- Use a mini chopper, blender, or food processor, to puree all foods. Ask your dietitian if you need more information.



- Take ½–1 cup (125–250 mL) of a bread product and break into small pieces if needed.
- Add 1 Tbsp (15 mL) of liquid. Liquids such as broth, gravy, juice, melted butter or soft margarine, milk, sauce, and water may be used to puree your foods.
- Blend together until smooth and moist like a pudding or mousse.

### If the pureed food is too thick:

- Add extra liquid to your pureed food. Add 1 Tbsp (15 mL) of liquid at a time.
- Puree your food again to make your product smooth and moist.

### If the pureed food is too thin:

- Add more of the food being pureed or add breadcrumbs, mashed potato flakes, infant cereal, or a commercial thickener to thicken.
- Puree your food again after adding any of the thickeners above.
- If pureed food is still too thin, repeat the steps above.
- You may need to add more thickening ingredients to get the right texture.

You can buy or order commercial thickeners like Resource® ThickenUp® at a pharmacy.