

Pureed Diet

What is a pureed diet?

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.

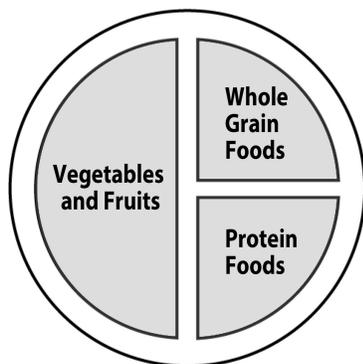
A pureed diet provides foods that are:

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

Eating well

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

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



Grain foods

Foods to choose:

- cooked cereals (cornmeal, Cream of Wheat[®], oat bran, oatmeal)
- infant cereal
- pureed bread products (bread, buns, toast)
- pureed baked items (biscuits, muffins, loaves, polenta)
- pureed French toast, pancakes, or waffles
- pureed barley, couscous, pasta, or rice
- pureed bread pudding or rice pudding
- pureed bread stuffing
- slurried crackers, muffins, pancakes, or waffles (see information on *How to make a slurry mix.*)

Foods to avoid:

- cooked cereals containing seeds, whole flax seeds, or any hard food pieces (Red River[®], Sunny Boy[®])
- cold cereals
- grain products containing any hard food pieces, such as chocolate chips, dried fruit (coconut, cranberries, raisins), nuts, or seeds
- dry loose rice (brown, fried, steamed, wild)

Vegetables and fruits

Foods to choose:

- pureed, soft cooked vegetables such as broccoli, celery, and green beans; strain before eating if there are pieces of skin or small seeds
- pureed, canned or frozen vegetables and fruits; strain before eating if there are pieces of skin or small seeds
- smooth mashed potatoes or squash
- baby food (pureed vegetables or fruits)
- applesauce or other fruit sauces
- pureed, soft skinless fruit (ripe bananas)
- pureed fruit, such as blueberries and strawberries; strain before eating if there are pieces of skin or small seeds
- pureed, stewed pitted prunes

Foods to avoid:

- all raw vegetables and salads
- vegetables and fruits with membranes, skins, hulls, or seeds that do not puree well (blackberries, corn, raspberries, whole grapes)
- all forms of pineapple
- dried fruit (coconut, cranberries, raisins)

Protein foods

Foods to choose:

- milk: plain or flavoured
- buttermilk, milkshakes, or fortified soy beverages
- smooth yogurt without fruit pieces, such as vanilla
- pureed cottage cheese
- melted or pureed cheese as an ingredient in any allowed foods
- pureed tofu/soy protein
- pureed, soft cooked beans, lentils, peas, or dishes made with allowed ingredients
- smooth nut butters mixed into allowed foods (peanut butter smoothie)
- pureed, cooked eggs, egg products, or egg substitutes
- pureed, moist fish (boneless), meat, poultry, or organ meats
- commercial baby food (strained fish, meat, or poultry)
- pureed sandwiches
- pureed deli meats, sausages, and wieners (without the casing)
- blended or pureed soups

Foods to avoid:

- yogurt containing fruit pieces, dried fruit, granola, nuts, rice, seeds, or any other hard food pieces
- crispy melted stringy cheese topping (for example, on top of casserole)
- crunchy nut butters
- all nuts or seeds in any form
- breaded, battered, fried fish, meats, or poultry, even if pureed
- fish containing bones, even if pureed
- bacon and bacon bits
- meat in casings (garlic sausage, sausages, wieners), even if pureed

Desserts and snacks

Foods to choose:

- ice cream, Popsicles[®], sherbet, soy frozen desserts, or frozen yogurt, with allowed foods (if *Thick Fluids* not required)
- smooth custards, puddings, or pureed rice pudding
- pureed baked products (pureed cakes, cookies, muffins, or pies)
- jellied desserts (if *Thick Fluids* not required)

Foods to avoid:

- baked products not pureed, or pureed baked products containing chocolate chips, dried fruit (coconut, cranberries, raisins), nuts, seeds, or any hard food pieces
- candy, chocolates, gum, licorice, or toffee
- cheese puffs, chips, popcorn, popcorn twists, or pretzels

Condiments and sauces

Foods to choose:

- butter, soft margarine, mayonnaise, salad dressings, sour cream, or vegetable oils
- smooth condiments (BBQ sauce, cranberry jelly, ketchup, mustard, soy sauce)
- finely ground seasonings, herbs, or spices
- creamers or whipping cream
- smooth gravies or sauces, such as cheese sauce, hollandaise sauce, or white sauce
- spreads such as cream cheese or cheese spreads added to allowed foods
- honey, jelly, or syrup added to allowed foods
- all sugars and sugar substitutes

Foods to avoid:

- chunky condiments (chili sauce, chutney, cranberry sauce, horseradish, relish, salsa, tartar sauce)
- herbs, spices, and seasonings with hard seeds (coriander seeds, whole peppercorns)
- gravies, sauces, or spreads with hard particles or seeds
- jams or marmalades
- olives or pickles

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 oral 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.
3. Remove and serve.

Making pureed food

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



Cooked food

1. Take ½–1 cup (125–250 mL) of cooked food and cut or break into small pieces.
2. Add 1 Tbsp (15 mL) of liquid. Liquids such as broth, melted butter, gravy, juice, soft margarine, milk, sauce, and water may be used to puree your foods.
3. Blend together until smooth and moist, like a pudding or mousse consistency.
4. If you need extra liquid to make your food smooth and moist, add 1 Tbsp (15 mL) of liquid at a time.

Canned food

1. Drain canned foods, such as beans, lentils, vegetables, and fruits before pureeing.
2. Cut into small pieces, if needed.
3. Blend until smooth, like a pudding or mousse consistency.
4. Most vegetables and fruits do not need liquid added when pureeing. If extra liquid is needed use broth, or juice from the canned fruit or water. Add 1 Tbsp (15 mL) of liquid at a time.
5. Use a strainer to remove any skins or seeds, if needed.

If the pureed food is too thin:

- Add more of the food being pureed or add breadcrumbs, mashed potato flakes, infant cereal, or 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 can buy or order commercial thickeners like Resource® ThickenUp® at a pharmacy.

What to do with leftovers?

- Freeze the extra portions right away, using ice cube trays, muffin tins, or baking sheets.
- Once frozen, put in freezer bags, label and store in freezer for later use.
- When thawing food items, make sure to stir the food well to mix in any liquid that may have separated.

Meal ideas

Breakfast

Cooked cereal (Cream of Wheat®)

French toast, pancakes, or waffles, pureed

Soft cooked eggs, pureed

Milk

Soft cooked fruit, pureed

Lunch

Soup, blended

Sandwich, pureed

Canned fruit, pureed

Smooth milk pudding

Water (If you have poor appetite, choose milk, milkshake, or oral nutritional supplement drink.)

Supper

Meat, moist fish (boneless), poultry, lentils, or pasta, pureed

Smooth mashed potatoes

Smooth gravy or sauce

Soft cooked vegetables, pureed

Milk

Ice cream, sherbet, or pureed rice pudding

Snacks

Pureed bread pudding

Canned fruit, pureed

Cottage cheese, pureed

Muffin, pureed

Ripe fruit, pureed

Slurry digestive cookies

Smooth vanilla yogurt

If you have tried the food choices in this handout and still can't find enough foods you can chew, talk to your dietitian or swallowing team.