



## **Puréed diet**

Information for patients,  
relatives and carers

## Speech and Language Therapy (SLT)

My **speech therapist's** name is: \_\_\_\_\_

Telephone number: \_\_\_\_\_

## SLT recommendations

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dietetics

My **dietitian's** name is: \_\_\_\_\_

Telephone number: \_\_\_\_\_

## Dietary recommendations

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Berkshire Healthcare Speech & Language Therapists 0118 938 2136

Berkshire Healthcare Dietitians

01635 273 422

## Why do I need to have a puréed diet?

Your swallow has been assessed by a qualified speech and language therapist. The assessment revealed that if you eat food that is not pureed you will be at increased risk of one or more of the following:

- Choking/coughing.
- Repeated chest infections.
- Pneumonia.
- Weight loss.

## What is a puréed diet?

- Usually eaten with a spoon
- Cannot be drunk from a cup
- Does not require chewing
- Can be piped, layered or molded
- Falls off a tilted spoon in a single movement and continues to hold its shape on the plate
- No lumps
- Non-sticky
- Liquid must not separate from solid

## Best way to purée food

To achieve a smooth pureed consistency use a powerful food processor or a good quality hand blender. You may have to soak cereals overnight and slow cook meat until very soft and tender before blending. Use a sieve to remove any lumps or skins. Always ensure any liquid is blended into the food and do not separate. Use caution when using a potato masher or ricer as these may allow lumps and grains/husks to get through. For a smooth consistency always sieve food when using the latter.

## How to test if food is suitable

- Fork drip – the food sits in a mound or pile on the spoon.
- Spoon tilt – food holds its shape on the spoon and is not too firm or sticky. Very little food left on spoon when tilted.

## Tips for safe eating and drinking

- Follow any advice you have been given by your speech and language therapist and dietitian.
- Sit upright while eating. Do not lie back or lie down when eating and drinking.
- Keep any distractions to a minimum while you are eating or drinking. Turn off the TV and don't talk while eating or drinking.
- Take your time, do not hurry.
- If you feel tired, stop eating. It is better to have smaller, more frequent meals throughout the day rather than one large meal.

## Warning signs

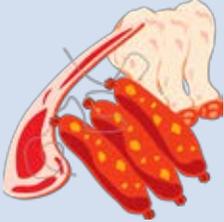
If you experience one or more of the signs below please contact your speech and language therapist:

- Choking, coughing and/or throat clearing during or soon after eating and drinking.
- Breathing problems or change in skin colour when eating and drinking.
- A wet or gurgly voice after swallowing food or drinks.
- Recurrent raised temperature (i.e. signs of a fever).
- Frequent chest infections.
- Frequent urine infections.
- Loss of food or drink from your mouth.
- Pouching of food in your mouth.
- Weight loss.



Eating a balanced diet will help to provide the nutrients that your body needs. Try to have variety of foods every day, including some from each of the food groups in the following table.

## Puréed diet suggestions



### **Meat, poultry and eggs**

- Puréed meat (chicken, lamb, beef, liver or pork) served with a selection of puréed vegetables.
- Pureed curry//dahl, thickened (with thickener or mashed potato/sweet potato).,
- Smooth meat or fish pâté mashed into full fat cream cheese or plain full fat yoghurt.

***Avoid: Meat chops, gristle and fatty or stringy meat, bacon, hard lumps.***



### **Fish and seafood**

- Puréed fish in buttery white, parsley or cheese sauce. Served with a selection of puréed vegetables.

***Avoid: Fish with bones and skin.***



## Lentils and beans

- Puréed lentil curry.
- Puréed bean stew.
- Puréed beans and cheese.

***Avoid: Beans with tough skins, sweet corn, peas, broad beans, nuts.***

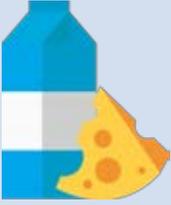


## Fruit and vegetables

- Cheesy pureed root vegetables, e.g. swede, parsnips, potatoes, sweet potatoes, carrots.
- Puréed fruit with thick custard or whipped cream.

***Avoid: Vegetables with non-removable skin, seeds, stalks or fibres, e.g. celery, sweet corn, peas.***

- ***Fruit juices with bits.***
- ***Tomatoes with skins and pips.***
- ***No hard lumps.***
- ***Fibrous parts of fruit.***
- ***Grapes.***



## Cheese and dairy products

- Cottage cheese / soft cream cheese.
- Soft cheese triangles.
- Crème fraîche.
- Whipped double cream.
- Béchamel / cheese sauces.
- Thickened fortified milky drinks.
- Smooth thick and creamy yoghurt or fromage frais.

***Avoid: Hard or uncooked cheese, stringy cheese.  
Yoghurt with fruit bits or muesli.***

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## Rice and cereal

- Instant porridge with seedless jam or honey, mixed in well.
- Smooth cereals, such as Ready Brek, Oats so Simple.
- Ground rice pudding with seedless jam, honey, cream or chocolate sauce.

***Avoid: Muesli, granola, cereals with dried fruit, nuts and seeds.***



## Desserts

- Ground rice/semolina pudding.
- Fruit purée / compote with whipped cream.
- Fruit mousse or fruit fool.
- Thick smooth chocolate sauce or chocolate spread, with smooth plain full fat yoghurt.
- Milk pudding, e.g. custard/chocolate pudding/crème caramel/blancmange/Angel Delight.

## SAMPLE MENU PLAN

### **Breakfast**

Ready-Brek with puréed fruit, glass of milk or hot chocolate.

*Fortify by adding cream / sugar / honey / smooth peanut butter or full-fat yoghurt and adding skimmed milk powder or cream to drinks.*

### **Mid-morning snack**

Chocolate mousse or instant whip (Angel Delight).

*Fortify by adding double cream and puréed fruit compote.*

### **Lunch**

Puréed fish cooked in cream and parsley sauce served with piped or molded puréed vegetables. Blancmange or crème caramel.

*Fortify by adding butter of full-fat cream to sauces and vegetables.*

### **Mid-afternoon snack**

Puréed fruit and thick yoghurt or puréed avocado and cream cheese.

Milkshake / smoothie or juice drink.

*Fortify by adding seedless jam or honey to yoghurt or add whipped cream to sweet dessert.*

### **Evening meal**

Puréed lentil curry or puréed shepherd's pie or thickened soup.

*Fortify by adding coconut cream/ crème fraîche to curries, soups and puréed root vegetables.*

### **Before bed**

Have nourishing milky drinks such as Ovaltine or Horlicks: Malted drink made with whole milk (blue top).

## Making the most of what you eat:

If you need to gain weight, have a poor or small appetite, you may need to change your diet to make sure that you are getting all the energy and protein your body needs. Enriching or fortifying your meals involves adding extra calories and protein such as cheese, cream, butter etc. See 'helpful tips' below.

***Please choose foods suited to your taste and texture as recommended by your speech and language therapist.***



## **How to have a fortified diet (high calorie; high protein)**

- ***Eat 'little and often'***: Try small, nourishing meals, snacks and drinks every 2-3 hours throughout the day.
- ***Fortify your milk***: add 2-4 heaped tablespoons of dried skimmed milk powder and blend into 1 pint whole milk. Chill in the fridge and then use on cereals, in porridge, to make up sauces, soups, desserts, jellies, milky drinks etc.
- ***Add dried skimmed milk powder*** to soups, cups of tea/coffee or hot chocolate, milk puddings, custards, mashed potatoes: try adding 2-3 teaspoons per portion of food.
- ***Add margarine, cheese, mayonnaise or oils*** into savoury options such as mashed swede/potato or sweet potato, pasta dishes
- ***Choose full fat and full sugar products*** rather than 'diet' 'reduced/low fat' 'low sugar' or 'healthy eating' varieties as these provide more calories.
- ***Add cream or evaporated milk*** to soups or puddings e.g. stewed / canned fruits, custard, rice puddings etc. Serve jam, honey, sugar or syrup to milky puddings, cereals, drinks and desserts.

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## How to add 100 calories to any meal, snack or drink

Each of the below suggestions add approximately 100 calories to a meal or snack. Aim to choose at least 4-5 of the suggestions below to achieve an additional 400-500 calories daily.

*(If you need to gain weight or have trouble eating a regular meal pattern speak to your dietitian for more specific and tailored advice.)*

### Sweet options:

- 1 heaped tbsp. of sugar
- 1 small pot full fat yoghurt
- 1½ tbsp double cream
- \*2 tbsp chocolate sauce
- 2 tbsp golden syrup
- 2 tbsp lemon curd
- 2 tbsp condensed milk
- 2 tbsp honey
- 2 scoops of ice cream

### Savoury options:

- 1 tbsp of mayonnaise
- \*1 tbsp of smooth peanut butter
- 1 tbsp olive or vegetable oil
- 2 cubes of butter
- \*2 tbsp pesto
- 2 tbsp salad cream
- \*2 tbsp hummus/ tahini (sesame seed paste)
- 2 heaped tbsp dried skimmed milk powder

*\*Not suitable if you have a peanut/seed/pine nut allergy. Always read labels to ensure products are safe to consume. Some chocolate sauces contain nuts, e.g. Nutella.*

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***In accordance with the International food and fluid descriptors labelled IDDSI May 2018 ([www.IDDSI.org](http://www.IDDSI.org))***

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## Further information

<https://www.bda.uk.com/foodfacts/home>

[http://ftp.iddsi.org/Documents/Backpage\\_consumer\\_handout Adult What is the IDDSI Framework 30Jan2019.jpg](http://ftp.iddsi.org/Documents/Backpage_consumer_handout_Adult_What_is_the_IDDSI_Framework_30Jan2019.jpg)

[http://ftp.iddsi.org/Documents/4 Puree Adults p1\\_consumer\\_handout\\_30Jan2019.jpg](http://ftp.iddsi.org/Documents/4_Puree_Adults_p1_consumer_handout_30Jan2019.jpg)

More information is available on the Trust website:

[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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