

## Puree Diet (IDDSI Level 4)

This material will help you understand a puree diet (IDDSI Level 4). You may have been recommended a puree diet if you are having trouble chewing or swallowing on the advice of your Speech Pathologist.

A puree diet included foods that are smooth and lump free but may have a grainy quality. Foods should be moist and hold their shape on a spoon. These foods should not need chewing and should not be sticky. A blender, vitamiser or food processor will be required to produce foods of this texture.

It is important that texture modified diets include foods from all food groups to make sure your body gets all the nutrients it needs.

You may need to eat and drink more often to maintain your weight and prevent dehydration. Eat six (6) small meals a day instead of three (3) larger ones. This is especially important if you get tired when eating larger meals or if you are a slow eater.

You may also need to add extra protein and energy to your meals to ensure you are getting adequate nutrition. Your Dietitian will advise you if you need to follow a high protein, high energy diet. This may be useful when:

- You are underweight
- You are losing weight without trying
- You are unable to eat enough due to poor appetite or nausea
- You have increased energy and protein requirements

**High Protein** foods include (puree/smooth):

- Meat, fish and chicken
- Eggs
- Dairy products
- Beans, legumes, nuts (e.g. smooth peanut butter or smooth nut spreads)
- Meat alternatives (e.g. tofu, vegetarian sausages)
- Protein supplements (e.g. Sustagen, Ensure)

## High Energy foods include (puree/smooth):





- Full cream dairy products
- Margarine, butter, mayonnaise, oil
- Soft drinks, cordial, sweets
- Nutritional supplements e.g., Resource Plus, Resource 2.0 (these are also high in protein).
- **Fortified milk recipe:** Add 4 heaped tablespoons of skim milk powder to 1 L of full cream milk and whisk to combine.











## Tips to increase or maintain your weight:




- Aim for 6 smaller meals rather than 3 big meals per day
- Keep your favourite foods in the cupboard or fridge
- Keep ready to eat meals and snacks for times when you don't feel like preparing food (e.g. frozen pre pureed meals, tinned soup, yoghurt, dairy desserts)
- Drink fluids with energy such as milk or juice instead of water, tea or coffee
- Keep a record of your weight to check if these changes are working



This **Stop Sign** highlights items/foods that are not safe for people who need thickened fluids. In some cases, these foods can be thickened to make them safe. Ask your health professional (eg. Speech Pathologist) for guidance.

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Meat Chicken Fish	<ul style="list-style-type: none"><li>• Pureed meat/ poultry/ fish dishes blended with gravy or sauce</li></ul> <p> <b>Serve with extra gravy or sauce</b> – ensure the sauces are mixed in well with the meat</p>	<ul style="list-style-type: none"><li>▪ Whole or minced meats that have not been pureed in a blender</li></ul>	<ul style="list-style-type: none"><li>▪  Add extra sauces/gravy with pureed meats</li><li>▪  Add cream, evaporated milk or yoghurt to casseroles and curries</li><li>▪ Add well-pureed legumes, kidney beans or tofu to stews, casseroles and curries</li><li>▪ Top pureed fish with white sauce , smooth tartare sauce or mayonnaise</li></ul>

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Meat (protein) alternatives	<ul style="list-style-type: none"> <li>Pureed baked beans, lentils or other cooked beans (no husks in final puree)</li> <li>Tinned refried beans or hummus</li> <li>Soufflés and mousses e.g. salmon mousse</li> <li>Pureed scrambled eggs</li> <li>Eggs blended into soups (prior to cooking)</li> <li>Soft silken tofu</li> </ul> <p> <b>Serve with extra gravy or sauce</b> - ensure the sauces are mixed in well with the meat</p>	<ul style="list-style-type: none"> <li>Legumes that are not pureed or well mashed to a smooth paste</li> <li>Fried, poached, hard-boiled or scrambled eggs that are not pureed</li> <li>Sticky or very cohesive foods (e.g. thick/sticky peanut butter)</li> </ul>	<ul style="list-style-type: none"> <li>Top well-pureed legumes (e.g. lentils, refried beans) with sour cream or yoghurt</li> <li>Add cheese, milk and/or cream to pureed scrambled eggs</li> </ul>
Breakfast cereals	<ul style="list-style-type: none"> <li>Smooth lump-free cereals e.g. semolina, pureed porridge, baby rice cereals</li> </ul>	<ul style="list-style-type: none"> <li>All other breakfast cereals</li> <li>Cooked cereals with lumps</li> </ul>	<ul style="list-style-type: none"> <li>Add sugar, honey, or  cream to lump-free cereals/pureed porridge</li> <li> Use fortified milk* (see recipe above) to make cooked cereals</li> <li>Add Sustagen or Proform neutral or Ensure powder</li> <li>Add whey protein powder</li> </ul>
Other cereals	<ul style="list-style-type: none"> <li>Well cooked pasta, noodles or rice that have been pureed in a blender with added sauce</li> </ul>	<ul style="list-style-type: none"> <li>Pasta and rice that have not been pureed</li> <li>All breads, biscuits, cakes, muffins except as recommended by your health professional</li> </ul>	<ul style="list-style-type: none"> <li>Use a creamy, cheese sauce to combine with pureed pasta</li> </ul>
Soup 	<ul style="list-style-type: none"> <li>Homemade or canned soups that have been pureed in a blender and strained to remove lumps</li> </ul>	<ul style="list-style-type: none"> <li>Soups that have chunks or lumps</li> </ul>	<ul style="list-style-type: none"> <li> Make soup on fortified milk* or add cream, sour cream to puree</li> <li>Add Sustagen or Proform neutral or Ensure powder</li> <li>Add whey protein powder</li> <li>Include a pureed protein-rich food e.g. meat, poultry</li> </ul>
Dairy foods & desserts	<ul style="list-style-type: none"> <li>Milk, milkshakes, fruit smoothies </li> <li>Yoghurt (lump-free e.g. plain or vanilla)</li> <li>Custard , mousse, soft smooth cheesecake (no base), ice cream </li> <li>Smooth cheese pastes e.g. smooth ricotta</li> </ul>	<ul style="list-style-type: none"> <li>Course or textured puddings (e.g. rice pudding, fruit crumble)</li> <li>Yoghurt or custard with fruit chunks or nuts</li> <li>Cakes, pastry, pies</li> <li>Solid or semi-solid cheeses</li> </ul>	<ul style="list-style-type: none"> <li> Use fortified milk* in place of regular milk as a nutritious drink base, or to make puddings, custards and desserts</li> <li>Add  ice cream, custard or yoghurt to milkshakes</li> </ul>

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Vegetables	<ul style="list-style-type: none"> <li>Pureed or well mashed vegetables without chunks, lumps, pulp or seeds</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables that have not been pureed or well mashed</li> </ul>	<ul style="list-style-type: none"> <li>Add butter or margarine, milk powder, cheese or cream to mashed/pureed vegetables</li> <li>Top pureed vegetables with creamy cheese sauces or sour cream</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>Stewed or canned fruit that has been pureed in a blender</li> <li>Mashed banana or pawpaw without chunks, lumps</li> <li>Fruit packs labelled 'puree'</li> <li>Fruit juice without pulp </li> </ul>	<ul style="list-style-type: none"> <li>Whole fruits (fresh, frozen, canned, dried) or fruit pieces</li> <li>Coarsely mashed fruits with lumps</li> </ul>	<ul style="list-style-type: none"> <li>Serve with  ice cream, cream, custard or yoghurt</li> <li> Blend pureed fruit into fortified milk to make a fruit smoothie</li> </ul>

*Adapted from the Australian standardised definitions and terminology for texture-modified foods and fluids, Nutrition & Dietetics 2007; 64 (Suppl. 2)*

### To prepare pureed foods:

- Use foods the rest of your household is eating rather than making separate meals. This will save time and money.
- Use a food processor for pureeing larger meal items. A hand blender can be used for small portions of foods such as vegetables and soft fruits.
- When you puree food, add liquid for a moist, smooth texture. For example, when pureeing fruit or vegetables, add milk, fruit juice or cream.
- To puree meat, poultry and fish to a smooth paste, add gravy, stock, milk or cream when blending.
- The liquid (including sauces/gravy) should not separate from the rest of the pureed food.

### To serve:

- Use foods of all colours to make your meals look appetising and serve on attractive plates.
- Use herbs and spices to add flavour to foods.

## Suggested meal plan and options:

BREAKFAST (choose at least 2 of the following):
<ul style="list-style-type: none"><li>• Semolina/pureed porridge made on milk</li><li>• Pureed baked beans or spaghetti or scrambled eggs</li><li>• Pureed fruit</li><li>• Vanilla yoghurt*</li></ul>
MORNING TEA (choose at least 1 of the following):
<ul style="list-style-type: none"><li>• Pureed fruit</li><li>• Yoghurt or custard*</li><li>• Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink</li></ul>
LUNCH or LIGHT MEAL
<ul style="list-style-type: none"><li>• Pureed casserole (meat, poultry, fish, legumes)</li><li>• Pureed vegetables include at least one starchy vegetable (e.g. potato, sweet potato)</li><li>• Pureed dessert</li></ul>
AFTERNOON TEA (choose at least 1 of the following):
<ul style="list-style-type: none"><li>• Pureed fruit with yoghurt or custard*</li><li>• Nutritious drink* e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink</li></ul>
DINNER or MAIN MEAL
<ul style="list-style-type: none"><li>• Pureed casserole (meat, poultry, fish or legumes) with gravy/cheesy sauce – this meal could include pureed pasta/noodles or rice</li><li>• Pureed vegetables</li><li>• Pureed dessert</li></ul>
SUPPER (choose at least 1 of the following):
<ul style="list-style-type: none"><li>• Pureed fruit</li><li>• Yoghurt or custard*</li><li>• Nutritious drink* e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink</li></ul>

### Please note:

(a) items marked with \* in this above meal plan may not be suitable if you need thickened fluids. In some cases, these items can be thickened to make them safe. Ask your Speech Pathologist for guidance; and

(b) some foods listed in this document (including foods in 'High Protein', 'High Energy', 'suggestions for extra nourishment' and in the below suggested meal plan) may not be appropriate for children. It is recommended that you discuss this further with your child's Speech Pathologist or Dietitian.