High Calorie, High Protein, Puréed Diet for Head and Neck Cancer Patients

This type of diet will help make sure you eat enough calories (energy) and protein to meet your body’s needs. You may find it hard or tiring to eat. You can increase calories in your diet by adding fats to the foods you eat.

Foods must be puréed to a smooth, mashed potato-like or pudding-like consistency. This can be done with a blender or food processor. If you plan to serve your food warm, you should cook the food before you purée it.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Best</th>
<th>Good</th>
<th>Avoid</th>
</tr>
</thead>
</table>
| Breads, Cereals and Starches | • Hot cereals made with whole milk with added butter and/or brown sugar  
• Puréed pancakes, waffles, or French toast with added butter and syrup  
• Mashed potatoes with added butter, sour cream, and/or gravy  
• Whipped sweet potato with butter and brown sugar  
• Refried beans  
• Purred noodles with cream sauce | • Hot cereals (oatmeal, cream of wheat)  
• Puréed pancakes, waffles or French toast  
• Mashed potatoes  
• Whipped sweet potatoes | • Cold cereals  
• Breads  
• Rolls  
• Crackers  
• Biscuits  
• Muffins  
• Baked Beans  
• Noodles  
• Rice |
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Best</th>
<th>Good</th>
<th>Avoid</th>
</tr>
</thead>
</table>
| Beverages  | • Whole milk  
• Smoothies  
• Milk shakes  
• Cappuccino  
• Soda  
• Chai tea  
• Blended coffee drinks (such as Frappuccino)  
• Nutritional supplements such as Boost, Ensure, Carnation Instant Breakfast, Resource Breeze | • 2% Milk  
• Juice  
• Coffee  
• Tea  
• Sports drinks  
• Kool-Aid  
• Water | • Any smoothies or shakes with chunks (such as fruit or candy chunks) |
| Desserts   | • Custard  
• Pudding made with whole milk  
• Smooth Greek yogurt without chunks  
• Smooth pie filling (lemon, key lime) without crust  
• Premium high fat ice cream with no chunks (Graeter’s, Häagen-Dazs) | • Puréed desserts and soufflés  
• Pudding  
• Yogurt without chunks  
• Drinkable yogurt  
• Whipped gelatin  
• Ice cream without pieces or chunks | • Fruit bars or ice cream bars  
• Candy  
• Cookies  
• Cakes  
• Gum  
• Pie with crust or texture  
• Pastries  
• Textured puddings (such as rice or tapioca) |
| Fats       | • Creamer  
• Half and Half  
• Butter  
• Regular sour cream, cream cheese  
• Strained gravy  
• Smooth sauces prepared with whole milk or cream including cheese sauce, white sauce or hollandaise sauce | • Margarine  
• Low fat sauces  
• Low fat sour cream, cream cheese | • All fats with course or chunky additives |
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Best</th>
<th>Good</th>
<th>Avoid</th>
</tr>
</thead>
</table>
| **Fruits**              | • Fruit juices or thickened nectar without pulp - may add baby fruit to juice to thicken  
                        | • Puréed fruits with added honey or jelly                          | • Puréed watery fruits including watermelon, grapefruit, oranges  
                        |                                                                       | • Applesauce                                                        | • Whole fruit or pieces of fruit that are not puréed  
                        |                                                                       | • Well mashed, fresh bananas                                         | • Raisins or other dried fruit                                    |
| **Meats and Meat Substitutes** | • Puréed meats with added gravy                                       | • Puréed meats                                                  | • Whole or ground meats                                               |
|                         | • Hummus                                                             | • Softened tofu                                                | • Fried, scrambled, or hard cooked eggs                               |
|                         | • Puréed egg and cheese soufflés                                     |                                                               | • Cottage cheese                                                      |
|                         | • Puréed egg, tuna or chicken salad                                  |                                                               | • Chunky peanut butter or other chunky nut butters by itself          |
|                         | • Puréed cottage cheese                                              |                                                               |                                                                       |
|                         | • Smooth peanut butter or other smooth nut butters                   |                                                               |                                                                       |
| **Soups**               | • Puréed cream soups such as cream of potato, broccoli cheese        | • Puréed vegetable or beef broth based soups                    | • Soups that have chunks, lumps such as chili                         |
| **Vegetables**          | • Puréed vegetables with added butter and instant mashed potatoes to help thicken | • Puréed vegetables                                             | • All other vegetables that have not been puréed                      |
|                         |                                                                       | • Tomato paste or sauce without seeds                           | • Tomato sauce with seeds                                             |
### Sample Menu

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Orange juice, ½ cup</td>
<td>• Pineapple juice with tropical fruit baby food, ½ cup</td>
<td>• Puréed turkey barley soup, ¾ cup</td>
</tr>
<tr>
<td>• Cream of wheat ½ cup</td>
<td>• Puréed beef, 3 ounces</td>
<td>• Puréed Hawaiian chicken, 3 ounces</td>
</tr>
<tr>
<td>• Sugar 2 teaspoons</td>
<td>• Gravy, 2 tablespoons</td>
<td>• Mashed potatoes, ½ cup</td>
</tr>
<tr>
<td>• Puréed eggs with cheese, ½ cup</td>
<td>• Puréed fresh broccoli, ½ cup</td>
<td>• Puréed spinach, ½ cup</td>
</tr>
<tr>
<td>• Ketchup, 1 tablespoon</td>
<td>• Creamy cheese sauce, ¼ cup</td>
<td>• Frozen yogurt, ½ cup</td>
</tr>
<tr>
<td>• Margarine, 1 teaspoon</td>
<td>• Apple sauce, ½ cup</td>
<td>• 1 cup whole milk with 1 packet Instant Breakfast</td>
</tr>
<tr>
<td>• Decaffeinated tea, 1 cup</td>
<td>• Sugar, 1 teaspoon</td>
<td>• Margarine, 1 teaspoon</td>
</tr>
<tr>
<td>• Non-dairy creamer, 2 tablespoons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Whole milk, 1 cup with 1 packet Instant Breakfast</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: This sample diet provides 2150 calories and 110 grams of protein.

### Some Cooking and Preparation Tips for Puréed Diets

- Purée meat after you cook it to a smooth, pasty consistency. Hot broth or hot gravy may be added to the puréed meat. Use 1 ounce of liquid per 3 ounce serving of meat.

- You may add 1 jar of strained baby food (meat) to a soup such as strained chicken noodle soup.

- When you use a blender to purée foods, add as little fluid as possible at first. Add gravies, sauces, juices, milk and half-and-half as needed to adjust the thickness.

- Use the water from cooking vegetables to add vitamins when you purée meats and vegetables.

- Potato flakes can help to thicken puréed foods that have been thinned too much.

- Add dry milk powder to food to increase calories and protein in your diet. Add 1 cup of dry powdered milk to 1 quart of liquid milk. This protein fortified milk can be used when you make creamed soups, sauces, milkshakes and puddings.
- Do not eat peanut butter or any nut butter by itself. Smooth nut butters, such as peanut butter can be used as part of a puréed recipe that is easy to swallow.

- Make your favorite items in large batches. You can then freeze these items in smaller portion sizes.

- When you reheat foods, it is important to make sure a tough crust does not form on the outer layer of the food. This could be hard to swallow.