

Pureed Diet

Dysphagia Level 1



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

This diet is used with people who have problems with chewing and swallowing. Your Speech-Language Pathologist (SLP) and doctor have placed you on a Pureed Diet.

This Pureed Diet is used for people with swallowing problems because it:

- Makes it easier to chew and move food in your mouth.
- Reduces the risk of food going into your windpipe or trachea, which leads to the lungs.

Foods you can eat on this diet

The table below has examples of foods that are the right texture for a Pureed Diet. These foods are all a **pudding like texture that is smooth, blended or pureed**. Eating foods not allowed on this diet will increase your chance of swallowing problems and of food going into your windpipe and lungs.

Food Group	Foods Allowed	Foods <u>Not</u> Allowed
Beverages / Milk	Liquids the thickness recommended by your SLP or doctor, such as thin, mildly thick (nectar like), moderately thick (honey like) or extremely thick (spoon or pudding thick)	As advised by your SLP or doctor
Meats and Meat Substitutes	<ul style="list-style-type: none">• Pureed meat• Pureed cooked eggs• Hummus or other pureed legume spreads	<ul style="list-style-type: none">• Dry or tough meats• Hot dogs• Bacon• Sausage links• Beef tips• Peanut butter• Cubed cheese, cheese slices• Non-pureed fried, scrambled or hard-cooked eggs• Nuts• Seeds

Food Group	Foods Allowed	Foods Not Allowed
Starches, Breads, and Cereal	<ul style="list-style-type: none"> • All hot cereals • Pureed pancakes or French toast • Pureed pasta • Pureed casseroles • Rice cereal 	<ul style="list-style-type: none"> • Bread or bread products • Bagels, dinner rolls • Pizza • Rice • Granola • Cold cereal • Crispy, fried food • Popcorn • Crackers • Chips
Fruits	<ul style="list-style-type: none"> • Pureed fruit without seeds or skin • Applesauce 	<ul style="list-style-type: none"> • Raw, whole fruits • Dried fruits • Pineapple, oranges or other stringy, high pulp fruit
Vegetables	<ul style="list-style-type: none"> • Pureed, cooked vegetables without seeds or skin • Mashed potatoes • Whipped sweet potatoes • Refried beans 	<ul style="list-style-type: none"> • Raw, whole vegetables • Salads
Soups	<ul style="list-style-type: none"> • All strained, cream-based or broth-based soups as recommended by your SLP or doctor (thin, nectar-like, honey-like or spoon-thick) 	<ul style="list-style-type: none"> • Soups with chunks of meat or vegetables
Desserts	<ul style="list-style-type: none"> • Pudding • Custard • Yogurt • Custard like pies without the crust • Jello, sherbert, sorbet and ice cream (not allowed if on thickened liquids) 	<ul style="list-style-type: none"> • Hard cookies • Hard candy • Chewing gum • Chewy candy or desserts

Food Group	Foods Allowed	Foods Not Allowed
Condiments	<ul style="list-style-type: none"> • Margarine or butter • Sugar or honey • Syrup • Jelly • Sour cream • Cream cheese • Gravy • Mustard • Ketchup • Mayonnaise • Steak sauce • BBQ sauce • Herbs, spices 	<ul style="list-style-type: none"> • Olives • Pickles

How to prepare pureed foods

Supplies:

- Blender or food processor
- Fork or whisk
- Plastic container
- Cooked foods, one serving = ½ to ¾ cup
- Liquid, about ¼ cup per serving of cooked food

Liquids to use:

- Broth
- Clear soups
- Cream
- Cream soups, strained
- Fruit juice
- Half and half
- Ice cream with no nuts
- Milk
- Smooth yogurt with no chunks of fruit or nuts
- Sour cream
- Tomato or vegetable juice

To puree in blender:

1. Put small pieces of cooked food in blender.
2. Add small amount of liquid, about ¼ cup.
3. Blend until pureed or smooth, with no lumps.
4. If puree mix is too thin, try adding flour, cream, sour cream or yogurt to thicken.

Note: Solid fats, such as butter, blend well if they are first melted. Oil, salad dressing and cream can be added directly to the puree.

Tips for getting enough nutrition

- Try to eat from a variety of food groups, so your body gets the nutrients it needs.
- To make sure you get enough calories and protein, you may include liquid nutrition supplements, such as Ensure, Boost or Carnation Instant Breakfast if they are thickened to the right texture. “Plus” versions of these products provide the most calories and protein per serving. Taste is best when served cold.
- Eat small, frequent meals, especially if you are not able to eat large meals.
- Add gravies or sauces to enhance flavor and to increase moisture of foods to ease swallowing.
- Serve hot foods hot and cold foods cold to provide a variety of temperatures in your diet and to avoid food contamination.

Your Speech-Language Pathologist (SLP) may have more ways to help you with swallowing.

Ask to speak to a Registered Dietitian (RD) if you have any questions or concerns about this diet.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.