

## Information Prescriptions

Information Prescriptions are a quick and easy way to provide information about your condition and local services.

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

### How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand rub (special gel) available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand rub. Staff will let you know if this is the case.

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

If you require an interpreter or need a document in another language, large print, Braille or audio version please ask for assistance.

Produced by:

Department of Nutrition & Dietetics

Buckinghamshire Healthcare NHS Trust.

Amersham Hospital: Tel: 01494 734704

Stoke Mandeville Hospital: Tel: 01296 315775

Wycombe Hospital: Tel: 01494 425776

Author: Macmillan Dietitians      Leaflet code: CISS-112

Issue date: January 2012      Version: 4

Reviewed: May 2018

Review date: May 2020

# Puree Diet

Patient Information Leaflet

Safe & compassionate care,

every time

# Introduction

You have been given this leaflet because you or the person you are caring for has been having problems swallowing food or drinks. This is called 'dysphagia'.

## What is dysphagia?

Dysphagia can be one or more of the following:

- Finding it hard to swallow food or drinks
- Finding it hard to keep food and drinks in the mouth
- Finding it hard to chew food
- Finding food left in your mouth after eating
- Food or drink 'going down the wrong way' making you cough

Food or drink that 'goes down the wrong way' can cause chest infections which can be very serious.

Some people who have dysphagia do not choke on food or drink even if it 'goes down the wrong way'. This is not always a good sign because it means that food or drink can 'go down the wrong way' without the person even being aware of it.

This is why it is very important to follow the advice that you have been given in this leaflet.

If you notice any of the following contact your speech and language therapist (SLT) or re-refer yourself to a speech and language therapist:

- Coughing or choking when eating or drinking
- Gurgly, wet voice after eating or drinking
- Food staying in the mouth after eating
- Regular chest infections e.g. every 6 -10 weeks throughout the year
- Unplanned weight loss

This leaflet has been designed to help you choose foods that can make your swallowing easier and safer.

# Your Plan

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Ready Prepared Meals

If preparing pureed meals is difficult for you or your carer, you could try pureed ready prepared meals delivered to your door e.g.

- Mrs Gills Kitchen (020 8807 6584) [mrgills.co.uk](http://mrgills.co.uk)
- Oakhouse Foods (0333 370 6700) [oakhousefoods.co.uk/pureed-ready-meals.html](http://oakhousefoods.co.uk/pureed-ready-meals.html)
- Wiltshire Farm Foods (0800 077 3100) [wiltshirefarmfoods.com/ready-meals/puree-classic](http://wiltshirefarmfoods.com/ready-meals/puree-classic)

## Questions you might have

### Can I use baby foods?

Baby foods are not designed for adults and therefore will not give your body all the nutrients it needs. Baby foods also tend to be quite bland which does not suit adult tastes. They are not advised for people with dysphagia.

### What about mouth care?

Chewing helps produce saliva which keeps the mouth healthy. Cleaning your mouth and teeth regularly is very important because you chew less when eating a pureed diet, so you produce less saliva.

### What about fluids?

You may have been advised by a Speech and Language Therapist (SLT) to drink only Thickened Fluids in addition to Puree food. Follow this advice closely to avoid risk of aspiration, and make sure that you drink plenty (1.5 to 2 litres/ day) to stay hydrated.

## What is a pureed diet?

Pureed food:

- Is smooth and contains no bits e.g. lumps, seeds, skins, husks, fibres, gristle, bone
- Holds its shape on a plate, and the prongs of a fork will make a mark on the foods surface
- Can be eaten with a fork because it does not drop through the prongs
- Cannot be poured
- Does not spread out if spilled
- Does not require chewing

### How to make pureed food

- To obtain the right consistency you will need either a liquidiser, a food processor or a hand blender.
- Before pureeing remove skins, large seeds, bones (e.g. in fish).
- Meats, vegetables and potatoes should be well cooked and tender before pureeing - try stewing or casseroling.
- Some foods may also need to be sieved after pureeing to remove bits such as skins.

You may need to add extra liquid to some food to ensure you obtain the correct texture but be careful not to add too much (see **What is a pureed diet?** above).

It is important to use a high calorie liquid such as:

- Full fat milk or Fortified milk (see page 5 for recipe)
- Cheese sauce, white sauce, parsley sauce, bread sauce
- Gravy
- Custard
- Fruit juice (avoid those labelled diet, sugar free and no added sugar)

For more advice see **Fortifying food** (page 5).

**Do not use water** because this will dilute the foods calories and flavour.

### Making pureed food look and taste nice

- Puree foods separately to retain flavours, and arrange the purees individually on the plate.
- Try to serve brightly coloured vegetables next to paler foods e.g. pureed carrots or broccoli with pureed potato and pureed chicken in a creamy sauce.
- Try adding more flavour when pureeing food to make eating more enjoyable e.g. try using spices, herbs, soy sauce, Worcester sauce, tomato sauce, barbecue sauce, curry sauce or mint jelly.
- Pureed food can be piped or scooped to make it look more appealing.

## Starchy carbohydrate foods

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée
POTATOES	Instant mashed potato	Mashed potato Boiled potatoes (no skins) Inside of jacket potato	Potato salad (skinless potato and mayonnaise only)	Potatoes in their skins Roast potatoes Chips Potato croquettes Other fried potatoes
PASTA		Tinned macaroni cheese Tinned pasta in tomato sauce Tinned ravioli Well cooked pasta with a smooth sauce	Homemade pasta dishes e.g. spaghetti bolognese (well cooked pasta with smooth sauce)	Pasta salad Al denté pasta Filled pasta Pasta ready-meals Chinese style noodles
RICE				Boiled rice Rice salad Fried rice Savoury rice
BREAD			Soft breadcrumbs added to soup	All other bread Sandwiches
BREAKFAST CEREALS		Porridge Ready Brek Well soaked Weetabix		All other breakfast cereals

## Fruit and Vegetables

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée
VEGETABLES		<p>Peeled and well cooked root vegetables such as: carrot, swede, turnip, parsnip, sweet potato, yam</p> <p>Well cooked broccoli and cauliflower</p> <p>Peeled and well cooked pumpkin and squash</p> <p>Avocado</p>	<p>All the following must be sieved to remove skins, seeds, 'strings' etc.</p> <p>peas, beans, sweetcorn, asparagus, courgettes, marrow, leafy veg such as cabbage, greens, spinach, sprouts.</p> <p>Well cooked plantain (not fried)</p> <p>Dhal/lentils</p> <p>Baked beans</p>	<p>Salad vegetables e.g. tomatoes, cucumber, radishes, lettuce, celery etc</p> <p>Raw vegetables</p> <p>Lightly cooked vegetables</p> <p>Mushrooms</p> <p>Onion</p> <p>Leeks</p> <p>Peppers</p> <p>Prepared salads e.g coleslaw</p> <p>Ratatouille</p>
FRUIT		<p>Banana</p> <p>Peeled and stewed - apple, pear, peach</p> <p>Tinned pears, peaches, mango</p>	<p>Melon (may need thickening)</p> <p>Strawberries, kiwi fruit, mango, watermelon (must be sieved, and may need thickening)</p> <p>All the following must be sieved:</p> <p>stewed or tinned - rhubarb, plums, blackcurrants, raspberries, cherries, apricots, gooseberries, prunes, strawberries</p>	<p>Dried fruit</p> <p>All other fruit</p>

## Nutrition

If you need to eat a pureed diet, it can be hard to meet all your nutritional needs and it is important to choose a wide variety of foods.

Eat little and often – e.g. 3 small meals and 2-3 snacks and try to have the following every day:

- 3 portions of full fat milk or milk containing foods (e.g. cheese in a pureed meal, thick and creamy yoghurt (may need to be sieved to remove fruit pieces))
- 3 portions of meat, chicken, fish, eggs, quorn, soya, lentils or beans (these may need to be pushed through a sieve to remove skins)
- 3 portions of potatoes, pasta or cereal
- 5 portions of fruit and vegetables
- At least 6 – 8 mugs or glasses of fluid – you may need to thicken your drinks and your SLT will advise you about this.
- You may be advised to choose nourishing drinks (e.g. fruit juice; smoothies; milky drinks such as hot chocolate, milky coffee, milkshakes, yoghurt drinks, malted drinks (Ovaltine, Horlicks) – all these can be made with fortified milk – see **Fortifying food**)

## Nutrition

If you need to eat a pureed diet, it can be hard to meet all your nutritional needs and it is important to choose a wide variety of foods.

Eat little and often – e.g. 3 small meals and 2-3 snacks and try to have the following every day:

- 3 portions of full fat milk or milk containing foods (e.g. cheese in a pureed meal, thick and creamy yoghurt (may need to be sieved to remove fruit pieces))
- 3 portions of meat, chicken, fish, eggs, quorn, soya, lentils or beans (these may need to be pushed through a sieve to remove skins)
- 3 portions of potatoes, pasta or cereal
- 5 portions of fruit and vegetables
- At least 6 – 8 mugs or glasses of fluid – you may need to thicken your drinks and your SLT will advise you about this.
- You may be advised to choose nourishing drinks (e.g. fruit juice; smoothies; milky drinks such as hot chocolate, milky coffee, milkshakes, yoghurt drinks, malted drinks (Ovaltine, Horlicks) – all these can be made with fortified milk – see **Fortifying food**)

## Fortifying food

This is a way of increasing the nutrient and energy content of your food and drink without increasing your portion sizes.

Fortifying foods can make it easier for you to eat enough calories and protein every day.

**Fortified milk** - Add 4 tablespoons of dried skimmed milk powder to each pint of full fat milk and use this as you would use normal milk (e.g. in drinks, porridge, custard)

**To savoury foods** - add cheese, fortified milk, dried skimmed milk powder, gravy, cream, crème fraîche, or butter/margarine (avoid low fat spread)

For example:

**to thick, smooth soups** add grated cheese, dried skimmed milk powder, evaporated milk, cream. Try making cuppa soup with fortified milk instead of water. (If you need to thicken drinks, soups will need to be thickened too).

**to sauces** add evaporated milk, full fat natural yoghurt, grated cheese, smooth nut butter, butter or margarine cream

**to mashed potato** add grated cheese, full fat mayonnaise or salad cream, milk based sauces, cream, butter or margarine (avoid low fat spread) or olive oil

**to vegetables** add grated cheese, full fat natural yoghurt, full fat mayonnaise, butter, margarine (avoid low fat spread) or olive oil.

## Other foods

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée
SOUPS	Smooth soups (may need thickening)			'Bitty'/chunky soups
PASTRY			Soft pastry as part of suitable meat/ fruit pie	Crisp pastry
PIZZA				All pizzas
CRISPS/ SAVOURY SNACKS				All crisps/ savoury snacks
CAKES/ PUDDINGS/ DESSERTS (INCLUDING YOGHURT AND ICE CREAM)	Semolina	Tapioca	Plain rice pudding (without dried fruit, skin etc).	Jelly
	Ground rice pudding	Sago	Plain sponge/ sponge pudding with syrup/ lemon curd/ seedless jam/ chocolate sauce pureed with custard/ cream	Ice cream
	Thick custard	Egg custard (without pastry)	Custard tart (soft pastry)	All other cakes, puddings and desserts
	Blancmange	Tiramisu	Fruit fool (no seeds)	Fruit crumble/ fruit pie
	Crème caramel	Junket	Stewed fruit (suitable fruit)	
	Angel Delight/ Instant Whip	Pannacotta	Fruit yoghurt/ fromage frais (sieved)	
	Smooth mousse		Trifle (suitable fruit only)	
	Smooth yoghurt/ fromage frais			
	Cheesecake (without base or topping)			
BISCUITS			Plain biscuits (no nuts, dried fruit, grains, jam, cream fillings etc) soaked in thick liquid	All other biscuits and crackers
CONFECTIONERY	Discuss with your Speech and Language Therapist			

## Which foods are suitable for Puree? Not all foods can be pureed to produce a safe texture – please use the tables below as a guide

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée		
MEAT	Smooth meat paste	Tender, well cooked beef, lamb, pork, chicken, turkey (skin removed from chicken and turkey)	Sausage meat	Tough meats		
	Smooth paté				Sausages (skins removed)	Sausage skins
FISH	Smooth fish paste	Fish in sauce without bones	Meat pies (must be tender meat in gravy and soft pastry*)	Bacon		
	Smooth fish pate				Tender stews or casseroles* Curries *	Breadcrumbs/ battered meats
	Taramasalata				Faggots	Burgers
					Shepherds/cottage pie	Chilli con carne
EGGS		Tinned tuna/ salmon - bones removed	Tinned fish in tomato sauce -bones removed	Meat pasties		
					Crab	Sausage rolls
					Egg mayonnaise	
CHEESE	Plain soft cheese (e.g. cream cheese)	Plain soft cheese (e.g. cream cheese)	Grated cheese very well mixed into hot food only	Fish with bones		
	Plain cheese spread				Battered/ breadcrumbed fish	
NUTS		Smooth nut butters	Creamed coconut	Shellfish		
					Scrambled egg	Squid
				Quiche		
				Omelette		
				Fried egg		
				Poached egg		
				Boiled egg		
				Cheese toppings		
				Hard cheese (e.g. cheddar)		
				Soft cheese with 'bits'		
				Crunchy nut butters		
				All other coconut		
				All other nuts		

### Protein foods

\*including suitable vegetables only