Puree Diet

Practical tips to increase your energy intake on a puree diet

You should have been seen by a Speech & Language Therapist if you need a pureed diet.

If you have a small appetite, you may find small frequent meals easier to manage than large meals. Ensure you have a balanced and varied diet from the table below. Always choose full fat and full sugar* foods and drinks if you have recently lost weight unintentionally or need to gain weight.

Preparation Tips:

To puree a food means to blend or whisk it into a thick, smooth paste that does **not separate** and has **no lumps**.

- To ensure a puree consistency, solid foods should be well cooked, chopped into small pieces and blended using a food processor. You may find it easier to blend small quantities at a time as the blender works more efficiently.

- Adding water when blending food will make it the correct consistency but will not increase the nutritional content. So add extra stock, gravy, sauce, sour cream, fruit juice*, milk, double cream or over the counter supplement drinks as per the table below. If adding hot liquids, let them cool slightly before adding to prevent scalding.

Food type	Suitable foods	Foodstuff to add when blending
Milk, cheese & dairy Aim for two or three servings a day	• Milk, milkshakes, double or sour cream • Yoghurt without nuts, pieces of fruit or seeds • Smooth cream cheeses • Many of these foods can be added to other foods to boost calories	• To make shakes, blend milk or over the counter supplement drinks (Meritene™ (previously known as Build Up™) or Nurishment™)* with fruit, smooth peanut butter or chocolate spread
Meat, fish, poultry & meat alternatives (beans and pulses, nuts and seeds) Aim for two servings a day	• Cooked meat, fish (no bones), or poultry, pureed in gravy or sauce • Pureed casseroles, dahl, stews and cottage pies • Smooth egg custard (**avoid** scrambled, boiled, poached eggs or omelettes) • Smooth soups containing foods from these groups. Thick and creamy soups provide more energy dense nutrition	• Thin pureed meats or casseroles with broth, stock, gravy or cheese/tomato based sauces • You can also add Meritene™ (previously known as Build Up™) • Add cream, and skimmed milk powder to add extra calories to soup
Bread, rice, cereals, pasta and potatoes Base your meals around these foods	• Strained porridge or Ready Brek • Pureed rice, noodles and pasta (you may need to add a small amount of gravy or sauce when pureeing these foods) • Mashed potatoes	• Add milk or cheese to root vegetables such as potato to help with blending. • Add extra butter, margarine and cheese to boost calories
Fruit and vegetables Aim for 5 servings a day	• Pureed cooked soft fruit and vegetables • Tinned or stewed vegetables • Vegetable and fruit juices • Mashed avocado, root vegetables such as sweet potato, butternut squash, pumpkin, turnip and swede	• Add butter, margarine, oil or mayonnaise to puree vegetables to boost calories • Mix pureed fruit with full fat yoghurt, custard or cream • Make a fruit shake by adding milk • Melt chocolate with evaporated milk to make a simple chocolate sauce
Sweets & desserts	• Pureed rice pudding, sago, semolina, tapioca or sago • Smooth custard, blancmange, instant whips, fromage frais, thick and smooth yoghurts are suitable. • **Avoid** jelly and ice cream	• Honey*, sugar* or syrup* can be blended into other foods for extra flavour and calories • Add cream or other full fat products

*If you're diabetic please be aware your blood sugars need to be monitored and medications may need to be adjusted. If you also use thickened fluids, do so under direction of a Speech & Language Therapist.

If you are struggling to follow this advice, please contact the person who gave you this sheet