

Pureed/Blenderized Diet

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian. Diet counseling is available to address your specific needs.

This diet includes liquids and foods that are blenderized into a liquid form. The thickness of liquids can be as thin as juice or as thick as cream soup.

Use a blender or food processor to blend foods into liquids. Thin foods with milk, juice, gravy and broth. Use a variety of blended foods to obtain adequate calories and protein.

Points to keep in mind

- Eat six or more small meals a day.
- Cut foods into small pieces before placing in the blender or food processor.
- Blend foods into a liquid without chunks.
- Avoid seeds, nuts or skins.
- Use seasonings and spice to add flavor; and margarine, butter or oil to add calories.
- Instant breakfast or nutrition supplements may be recommended. These are available at pharmacy, grocery or local discount stores.
- Include at least 8 cups of fluid per day. Fluids include water, milk, juice, gelatin, soups and ice cream.
- Use blenderized foods immediately. Blenderized foods can be refrigerated for up to 48 hours (2 days), or frozen immediately to prevent harmful bacteria.

Portion	Foods recommended for use or blending	Tips
• Breads, cereals, rice and pasta		
2½ to 3½ cups each day	Enriched, cooked cereals	Cook with milk and blend to the desired consistency. Avoid whole-grain cereals and those with nuts, seeds and dried fruits.
	Macaroni, noodles, rice, pasta	Blend with milk, cheese, tomato sauce or soups. Use in soups or in combination with meat.
	Soups	Blend with meat, bread, pasta or vegetables. Make cream and broth type soups with milk.
	Bread and crackers	Blend with milk, soup or broth.

Portion	Foods recommended for use or blending	Tips
• Vegetables		
2 to 3 cups each day	<p>Cooked fresh, canned or frozen vegetables; potatoes, sweet potatoes</p> <p>Strained baby vegetables</p> <p>Tomato and other vegetable juices</p>	<p>Blend with cooking liquid, milk, broth or vegetable juice until smooth.</p> <p>Add cheese sauce to blend broccoli, cauliflower and other vegetables.</p> <p>Avoid vegetables with seeds or tough skins.</p>
• Fruits		
1½ to 2 cups each day	<p>Fresh, canned or frozen fruits and fruit juice</p> <p>Strained baby fruits</p>	<p>Blend fruits with yogurt, juice, milk, ice cream or tofu.</p> <p>Avoid fruits with seeds and tough skins.</p>
• Milk and milk products		
3 cups each day	<p>Milk, nonfat dry milk, hot chocolate, pudding, thin custard, ice cream, milkshakes, malts and instant breakfast beverages</p> <p>Yogurt without seeds or nuts</p>	<p>Mix 1 cup dry milk powder into 1 quart of milk. Use for drinking, in recipes and for thinning other foods.</p> <p>Thin pudding until it is liquid consistency. Blend yogurt or ice cream with fruits, fruit juice or undiluted frozen juice.</p>
• Meats, poultry, fish, cheese, dry beans and peas, eggs and nuts		
1½ to 2 cups each day	<p>Any meat, fish and poultry without bones pureed with a blender</p> <p>Use strained baby meats</p> <p>Cooked eggs, pasteurized egg products (frozen or dried), commercial pasteurized eggnog, baby food</p> <p>Cheese sauce and cottage cheese</p> <p>Creamy peanut butter</p> <p>Cooked, dried beans and peas</p> <p>Tofu</p>	<p>Place 1/2 cup of cooked meat into the blender. Add about 1/4 cup of warm liquid, such as gravy, broth or milk. Blend until smooth. More liquid may be added to make it a thin liquid.</p> <p>Do not use junior baby foods, unless blended smooth. Blend with milk, broth or soup.</p> <p>Do not add raw eggs to food. Blend cooked eggs with cream soups, casseroles and vegetables.</p> <p>Blend cottage cheese with fruits. Add cheese sauce to blended vegetables.</p> <p>Blend into milkshakes and cereal.</p> <p>Blend smooth and strain.</p> <p>Blend with fruits or vegetables.</p>

Portion	Foods recommended for use or blending	Tips
• Fats, snacks, sweets, condiments and beverages		
	Butter, margarine, vegetable oil, smooth salad dressing and mayonnaise Jelly, sugar, honey and syrup Ground seasonings and spices Cookies and cake Melted frozen fruit pops Liquid gelatin Coffee, tea, soft drinks and water	Add fats and condiments to provide calories and flavor. Add jelly, sugar, honey or syrup to cooked cereal for flavor. Add ground seasonings and spices for flavor. Soak cakes and cookies in milk and then blend smooth. Avoid foods made with nuts or seeds, coconut, chocolate, butterscotch or peanut butter chips.

Sample menu

Breakfast

- 1 c. Cooked cereal, thinned with milk
- 1 tsp. Margarine added to cereal
- 1 c. Instant breakfast

Lunch

- 1 c. Vegetable soup, blended
- 1 can Nutrition supplement (e.g., Boost or Ensure)
- 1/2 c. Applesauce

Dinner

- 1/2 c. Apple juice
- 1 c. Beef stew, blended with gravy
- 1 c. Mashed potatoes, thinned with milk

Midmorning snack

- 1 c. Orange juice
or
- 1/2 c. Canned fruit, blended

Midafternoon snack

- 1/2 c. Canned fruit, blended
- 1 c. Yogurt, sherbet or ice cream, thinned

Bedtime snack

- 1 c. Milkshake
- 1/2 c. Pears, blended

A registered dietitian can help with:

- Guidelines to meet your calorie and nutrient needs
- Recipes
- Guidelines for other diet restrictions or allergies

For a list of Aurora facilities with a dietitian, please call Aurora Health Care toll free at 888-863-5502.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.