

Pureed Foods

Pureed means foods are smooth and thick with little to no chewing needed before swallowing. An example is pudding. This can be helpful if someone has few or no teeth and poor tongue movement and strength. This is also important if someone is unable to control food in his/her mouth.

Most food is pureed by placing it in a blender and slowly adding small amounts of liquid (i.e., gravy, milk, juice, water) until the food is smoother and thick with no chunks. Pureed food usually looks similar to baby food from a jar.

Instructions for making pureed foods

1. Prepare fruits and vegetables by washing, peeling and removing seeds. Meats should have bones, skin and visible fat removed.
2. Cook food until tender:
 - a. by baking
 - b. by boiling in a little water
 - c. by steaming

Take care to ensure meat is fully cooked.

3. Use the food grinder, blender, fork or potato masher to mash food or force the food through a strainer until it is of a smooth texture. Adding liquids such as water, juice, gravy or milk will help thin down the food. Pay attention to the thickness of the food especially if the person needs to have his/her liquids thickened to a specific consistency.

Whatever is not served can be frozen and kept in the freezer for one month.

How to serve

1. Refrigerated food:
 - take out food
 - heat until warm and serve
 - throw out what is not eaten
2. Frozen food:
 - heat in a dish on top of stove surrounded by hot water or in oven
 - heat until warm, do not over heat
 - throw out what is not eaten

Continued

Here is a chart to help you select foods for a pureed diet. This chart does not cover every food. Be sure all foods, soups, and liquids are served at the recommended consistency if thick liquids are needed.

Food Groups	Foods allowed (No chewing required)	Foods omitted (Chewing required)
Dairy	Smooth yogurt and pudding.	Any containing nuts, coconut or seeds.
Meat and protein	Pureed meat, fish, shellfish, poultry; pureed dried beans, peas, lentils, melted or pureed cheese; puree hard cooked eggs; creamy peanut butter – as tolerated.	All others. Eggs
Fruits	Pureed fruit, fruit juices, mashed banana and avocado – as tolerated.	Cooked, canned, frozen or raw fruits. Fruit juices with pulp. Prunes, citrus fruits, watermelon, cantaloupe and melons.
Vegetables	Pureed vegetables, vegetable juices – as tolerated.	Whole, cooked, canned, frozen or raw vegetables. Corn, okra, tomato, uncooked cabbage, lettuce and coleslaw.
Soups	Broth, bouillon, pureed soup. Strained or blenderized cream soups – as tolerated.	With whole ingredients not pureed.
Breads and cereals	Cooked cereals; dry cereals pureed in milk; pureed macaroni, spaghetti noodles and rice. Bread or cracker crumbs added to pureed foods at serving time – as tolerated.	Breads, crackers and cereals with seeds and nuts.