

SMOOTH PUREED DIET

Pureed food is thick, smooth and moist with no lumps. It requires no chewing and should be one single consistency. It should not separate into a liquid and a solid. It can be prepared with a blender, food processor or old fashioned mouli.

✓ Foods Recommended	✗ Foods to be avoided
Bread, cereals, rice, pasta, noodles	
<ul style="list-style-type: none"> • Smooth lump-free breakfast cereals, e.g. semolina, pureed porridge, cremoata, baby rice • Pureed pasta or noodles • Pureed rice, pureed congee 	<ul style="list-style-type: none"> • Cereals with lumps or large pieces • All dry cereals • All bread • Crackers
Vegetables	
<ul style="list-style-type: none"> • Cooked, peeled pureed vegetables • Smooth, lump free mashed potato 	<ul style="list-style-type: none"> • Lumpy mashed vegetables • All vegetable skins or pips, seeds (remove before blending)
Fruit	
<ul style="list-style-type: none"> • Cooked, peeled pureed fruits 	<ul style="list-style-type: none"> • Pureed fruit with visible lumps • All skins or pips, seeds (remove before blending)
Dairy	
<ul style="list-style-type: none"> • Yoghurt (lump-free) e.g. plain or dairy food, Greek • Smooth milk-based sauces e.g. cheese sauce (thickened to correct consistency) 	<ul style="list-style-type: none"> • Yoghurt with lumps, pips or pieces of fruit • All solid and semi-solid cheese including cottage cheese
Meat, fish, poultry, eggs, nuts , legumes	
<ul style="list-style-type: none"> • Pureed meat, chicken or fish; remove all skin, rind and fat prior to blending (use sauce/gravy to achieve a thick moist texture – <i>discuss with your SLT if you are on thickened fluids</i>) • Soufflés and mousses, e.g. lump free salmon mousse • Pureed legumes e.g. baked beans, lentils, chickpeas (make sure there are no husks in final puree) • Soft silken tofu • Pureed scrambled/poached egg 	<ul style="list-style-type: none"> • Minced or partially pureed meats, • Scrambled eggs • Sticky foods e.g. pate or peanut butter

✓ Foods recommended	✗ Foods to be avoided
Desserts	
<ul style="list-style-type: none"> Dairy desserts e.g. custards, mousse, instant puddings, ice-cream (avoid if on thickened fluids) 	<ul style="list-style-type: none"> Desserts with fruit pieces, seeds, crumble, pastry or non-pureed garnishes
Extra	
<ul style="list-style-type: none"> Soups that have been blended or strained to remove lumps Smooth jams, condiments and sauces Smooth savoury dips 	<ul style="list-style-type: none"> Soup with lumps Avoid thin watery soups/broths if on thickened fluids Jams and condiments with seeds, pips, pulps or lumps

Preparation tips

- Never puree a whole meal together. Puree each item of the meal and serve separately.
- Puree and season to taste or add seasonings to enhance flavour e.g. dried powdered spices, finely ground mixed or fresh herbs, pureed garlic/ginger, chilli/BBQ/soy/Worcester/mint/apricot/cranberry sauce or jellies (ensure sauces are smooth consistency and do not contain bits that could stick to your tongue)
- To save time prepare an extra four servings of each pureed item and freeze in individual servings. Ice cube trays are useful for this.
- Use liquids such as sour cream, gravy, cheese sauce, soups, cream, or fruit juice to add extra energy and taste when preparing pureed food.
- Commercially prepared stage one (6 months) baby foods are a good option, when travelling or out visiting. You may want to add extra seasoning or flavour to these e.g. spices, pepper, salt.
- Puree meat raw and then again once cooked to reduce the gritty texture.