

## Puree Diet (level 4)

**ESSALISA**

East Sussex Speech and Language  
Therapy Service for Adults



**Always follow any specific advice from your Speech and Language therapist**

### Description of a puree diet:

- ✓ Usually eaten with a spoon
- ✓ Cannot be drunk from a cup or sucked through a straw
- ✓ Does not require chewing
- ✓ Can be piped, layered or moulded
- ✓ Shows some very slow movement under gravity but cannot be poured
- ✓ Falls off a spoon in a single spoonful when tilted and continues to hold shape on a plate
- ✓ No lumps
- ✓ Not sticky
- ✓ Liquid must not separate from solid

### Instructions:

1. Liquidise savoury foods with gravy, stock, 'cream of' soup, milk based sauce (white, parsley or cheese sauce) mayonnaise, cream.
2. Liquidise sweet foods with full cream milk, cream or custard.
3. Avoid using water to liquidise food as it does not provide any nutrients.
4. Sieve the food if necessary to remove any lumps, bits or skins.
5. If the food is too thin (runs off a spoon easily or doesn't hold its shape), add some thickening powder, which is available on prescription. You could also try using milk powder, instant mashed potato powder or cornflour (which requires further cooking) to thicken pureed meals.
6. Make a thick puree first and add liquid slowly to reach the desired consistency.
7. If the food is too thick to fall off a spoon in a single spoonful, add more liquid.



### To make food more appetizing:

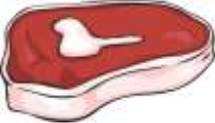
- Puree and serve each food separately
- Use a variety of different colours
- Make food more colourful by adding gravy or tomato puree
- Use moulds and piping nozzles

See our leaflets 'Boosting the flavour of pureed or liquidised foods' and Nutricia's puree recipe booklet for more ideas.

Pureed ready meals (level 4) are available from some suppliers. Please ask if you would like more information.

For more ideas and recipes go to [www.mynutlis.co.uk/recipes](http://www.mynutlis.co.uk/recipes)

## Examples of suitable foods and foods to avoid on a puree (level 4) diet:

Food categories	Foods that <u>do not</u> usually need pureeing	Foods that <u>do</u> need pureeing	Foods to avoid (do not puree well)
<b>Meat</b> 	<ul style="list-style-type: none"> <li>✓ Smooth meat pate</li> </ul>	<ul style="list-style-type: none"> <li>✓ Tender, well-cooked meat in sauce or gravy</li> <li>✓ Corned beef hash</li> <li>✓ Shepherd's pie, cottage pie with soft mashed potato topping</li> </ul>	<ul style="list-style-type: none"> <li>x Tough, stringy, gristly or dry meat</li> <li>x Tough sliced cold meat e.g. roast beef or pork</li> <li>x Sausages</li> <li>x Bacon, salami, pepperoni, chorizo</li> </ul>
<b>Fish</b> 	<ul style="list-style-type: none"> <li>✓ Smooth fish pate</li> <li>✓ Smooth taramasalata (not grainy)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Tender, filleted fish in sauce</li> <li>✓ Fish pie</li> <li>✓ Tinned fish with bones removed e.g. soft tuna, salmon, sardines</li> <li>✓ Shelled, soft prawns</li> </ul>	<ul style="list-style-type: none"> <li>x Fish with bones</li> <li>x Fish with breadcrumbs or batter</li> <li>x Fishcakes with crumbly coating</li> <li>x Sushi</li> <li>x Shellfish e.g. scallops, squid</li> </ul>
<b>Beans, pulses and nuts</b> 	<ul style="list-style-type: none"> <li>✓ Smooth nut butters e.g. peanut, hazelnut</li> <li>✓ Hummus, guacamole, or other smooth dips</li> </ul>	<ul style="list-style-type: none"> <li>✓ Well-cooked red lentils in sauce or lentil casserole</li> <li>✓ Silken tofu, Quorn stew/casserole</li> </ul>	<ul style="list-style-type: none"> <li>x Hard beans/beans with tough skins</li> <li>x Baked beans, broad beans, soya beans, chickpeas</li> <li>x Crunchy nut butters</li> <li>x Nuts and seeds</li> </ul>
<b>Soups</b> 	<ul style="list-style-type: none"> <li>✓ Smooth creamy soups – check required thickness with your speech therapist</li> </ul>	<ul style="list-style-type: none"> <li>✓ Soups with soft lumps e.g. soft cooked meat, vegetables – puree these until they are smooth</li> </ul>	<ul style="list-style-type: none"> <li>x Soups with croutons or pieces of meat or vegetables</li> </ul>
<b>Casseroles, stews and curries</b>		<ul style="list-style-type: none"> <li>✓ Tender, well-cooked meat, fish or vegetable stews or curries – sieve to remove lumps and skins</li> </ul>	<ul style="list-style-type: none"> <li>x Casseroles, stews or curries containing tough meat, gristle, undercooked vegetables</li> </ul>

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<b>Eggs</b>		<ul style="list-style-type: none"> <li>✓ Eggs: scrambled, boiled, poached, soft cooked omelette; in sauce or mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>x Crispy, fried egg white</li> <li>x Well-cooked, rubbery, dry egg</li> <li>x Scotch eggs</li> </ul>
<b>Dairy food</b>	<ul style="list-style-type: none"> <li>✓ Soft cream cheese, cheese spread</li> <li>✓ Smooth creamy yogurt or fromage frais, crème fraiche</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cheddar if grated and added to sauce or mashed potatoes; ensure it is fully melted and blended so that it is not stringy</li> <li>✓ Cottage cheese, mascarpone, soft goat's cheese melted in sauce</li> </ul>	<ul style="list-style-type: none"> <li>x Hard cheese e.g. Cheddar, red Leicester, Edam, Gouda</li> <li>x Crispy grilled cheese toppings</li> <li>x Stringy or chewy cheese e.g. Halloumi or Mozzarella, Cheese strings</li> <li>x Yogurt with 'bits' in</li> </ul>
<b>Vegetables</b> 	<ul style="list-style-type: none"> <li>✓ Passata</li> </ul>	<ul style="list-style-type: none"> <li>✓ Soft well-cooked vegetables e.g. carrots, swede, turnips, parsnips, cauliflower or broccoli florets, courgettes, Brussels sprouts, beetroot, butternut squash,</li> <li>✓ mushy peas – sieve to remove lumps and skins</li> <li>✓ Chopped skinless tinned tomatoes</li> <li>✓ Soft avocado</li> </ul>	<ul style="list-style-type: none"> <li>x Hard, raw or undercooked vegetables</li> <li>x Any vegetables with hard, tough, or chewy skins e.g. peas, sweetcorn, raw tomato</li> <li>x Stringy vegetables e.g. runner beans, green beans, celery</li> <li>x Crunchy salad items, e.g. tomato, pepper, cucumber, lettuce, coleslaw</li> <li>x Hard stems and stalks</li> </ul>
<b>Fruit</b> 	<ul style="list-style-type: none"> <li>✓ Fruit puree</li> <li>✓ Sieved &amp; thick fruit smoothie</li> </ul>	<ul style="list-style-type: none"> <li>✓ Banana</li> <li>✓ Raspberries, mango pureed and sieved to remove seeds and thickened</li> <li>✓ Tinned peaches, apricots, strawberries, pears or mandarin, drain excess liquid</li> <li>✓ Stewed, pureed and sieved apple or pear, no excess liquid</li> </ul>	<ul style="list-style-type: none"> <li>x Crunchy raw fruit e.g. apple, pear</li> <li>x Stringy/fibrous fruit e.g. pineapple, oranges (including tinned)</li> <li>x Dried fruit e.g. raisins, prunes, sultanas, apricots</li> <li>x Unpeeled fruit e.g. grapes, blueberries</li> <li>x Fruit with seeds e.g. strawberries, kiwi fruit, watermelon</li> </ul>

Food categories	Foods that <u>do not</u> usually need pureeing	Foods that <u>do</u> need pureeing	Foods to avoid (do not puree well)
<b>Cereals</b>	<ul style="list-style-type: none"> <li>✓ Smooth, well-cooked porridge, instant porridge</li> </ul>	<ul style="list-style-type: none"> <li>✓ Weetabix fully soaked and blended with milk</li> <li>✓ <b>No separate liquid, drain any excess liquid</b></li> </ul>	<ul style="list-style-type: none"> <li>x Any flaked, crispy or puffed style cereal e.g. cornflakes, Rice Krispies</li> <li>x Any mixed consistency cereal e.g. one with 'bits' such as muesli, fruit and fibre, dried fruits and nuts</li> <li>x Shredded Wheat</li> <li>x Dry cereals</li> </ul>
<b>Potatoes &amp; starchy foods</b>  	<ul style="list-style-type: none"> <li>✓ Instant mashed potato</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mashed or soft boiled potatoes or scooped out jacket potato – add milk, butter to puree to a smooth consistency</li> <li>✓ Risotto rice – soft, well-cooked</li> <li>✓ Tinned spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>x Crispy potato dishes e.g. chips, roast potatoes, croquettes, hash browns</li> <li>x Skin of jacket potato</li> <li>x Other types of rice e.g. boiled, fried</li> <li>x Pasta, noodles</li> <li>x Pizza, pastry</li> <li>x Dry biscuits, crackers, crisps</li> </ul>
<b>Bread</b>			<ul style="list-style-type: none"> <li>x All bread due to high choking risk</li> </ul>
<b>Puddings and sweet foods</b>  	<ul style="list-style-type: none"> <li>✓ Custard, mousse, yoghurt, crème caramel, instant whips, fruit fools, blancmange</li> <li>✓ Chocolate or fruit flavoured mousse or whips</li> </ul>	<ul style="list-style-type: none"> <li>✓ Soft sponge pudding or cake pureed with custard or pouring cream</li> <li>✓ Rice pudding, semolina</li> <li>✓ Stewed apple in thick custard</li> </ul>	<ul style="list-style-type: none"> <li>x Any dishes with hard or flaky pastry</li> <li>x Any dishes which are crumbly or crunchy, e.g. dry cake, cake with nuts or dried fruit</li> <li>x Chewy lollies and sweets</li> <li>x Solid chocolate, chocolate with nuts</li> <li>x Biscuits</li> <li>x Ice cream, jelly</li> </ul>

## Eating well

Our bodies need a variety of different foods every day to keep healthy. Aim to include some foods from each of the main food groups every day.

### Check the tables above for examples of foods you can eat.

- **Pureed lentils, fish, eggs, meat.** Try to eat 2 to 3 portions daily.
- **Dairy foods and alternatives**, such as milk, cheese, yoghurt, fromage frais. Aim to have 2 to 3 portions every day.
- **Pureed fruit and vegetables** – aim for five portions every day and try to include some with every meal. Fresh, frozen and tinned all count.
- **Pureed potatoes, rice and oats.** Aim to include some of these foods with every meal.

## If your appetite is poor or you have lost weight

### Eat little and often

- Try eating every 2 to 3 hours by choosing small meals and nourishing snacks in between.
- Have convenient, ready to use/pre-prepared (homemade or shop bought) snacks and meals available. (Level 4 ready meals available from some suppliers).
- Try to have a main course and pudding at each meal.

### Choose high protein and higher calorie foods at each meal, snack and pudding.

- For example: meat, fish, poultry, eggs, smooth nut butters, lentils, cream, cheese, mayonnaise, thick and creamy yoghurts, full cream milk, sugary foods, rice pudding, custard, fromage frais.

### Aim to have 5 portions of fruit and vegetables a day.

- If you are unable to manage to eat 5 portions of fruit and vegetables a day, consider taking an A-Z multivitamin and mineral supplement. If you are unable to swallow tablets, look for an effervescent form (add thickener if required).

### Aim for 6 to 8 glasses of fluid per day

- Include nourishing drinks such as milk, milky coffee, hot chocolate, milkshakes, fruit juice and smoothies
- Use full cream (blue/gold) top whenever you use milk
- *Check with your speech therapist for any recommendations on thickening fluids*

### Avoid reduced fat, reduced sugar, low calorie or healthy eating products

- For example: low fat cheese, low fat mayonnaise, healthy eating yoghurts, reduced fat butter, low fat margarine, healthy eating ready / low fat meals etc.

**Add extra nourishment to your food and drink by adding extra** double cream, olive oil, vegetable oil, butter, margarine, grated cheese, sugar, jam, condensed milk, evaporated milk, dried milk powder, mayonnaise, honey, syrup, custard, crème fraîche.

**To reduce your risk of constipation**, ensure adequate fluid intake and include foods high in fibre e.g. pureed vegetables and fruit (sieved if necessary to remove any pips or seeds) and high fibre cereals (Weetabix, instant porridge).

## Sources of information

Departments of Dietetics and Nutrition and Speech and Language Therapy

IDDSI website - <https://iddsi.org/>

NDR-UK Easier Swallowing IDDSI Update - [www.ndr-uk.org/browse/c-Texture-Modification-10/c-IDDSI-Easier-Swallowing-51/](http://www.ndr-uk.org/browse/c-Texture-Modification-10/c-IDDSI-Easier-Swallowing-51/)

[www.malnutritiontaskforce.org.uk/resources](http://www.malnutritiontaskforce.org.uk/resources)

## Contact details

### Department of Dietetics and Nutrition

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### ESSAL TSA (East Sussex Speech and Language Therapy for Adults)

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## Important information

This patient information is for guidance purposes only and is not intended to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at:

[esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your Speech Therapist or Dietitian.

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## Reference

The following clinicians have been consulted and agreed this patient information:  
Community Stroke Rehabilitation Dietitians and Speech and Language Therapists

The Clinical Specialty/Unit that have agreed this patient information leaflet:  
ESSAL TSA, Department of Nutrition and Dietetics

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