




### Why do I need pureed food?

You find it hard to swallow or may get tired easily when eating more solid food. You may be at risk of choking and/or chest infections on other foods.

**The foods listed are a guide. Extra care should be taken to ensure these foods are prepared to resemble a texture which is pureed with no lumps.**

Pureed 	No chewing 	Holds its shape 	How to prepare pureed foods
<ul style="list-style-type: none"> <li>✓ Food is pureed to a smooth, thick and moist consistency with no lumps.</li> <li>✓ Use gravy, stock, soup, sauces, milk or fruit juice instead of water to add liquid.</li> <li>✗ It is not sticky.</li> <li>✗ Some foods may need sieving after pureeing to remove lumps and bits e.g. stringy meats, fruit with pips, vegetables with shells</li> <li>✗ Avoid re-heating food more than once and never re-freeze</li> </ul>	<ul style="list-style-type: none"> <li>✗ No biting or chewing required</li> <li>✓ It is usually eaten with a spoon but can be eaten with a fork because it does not drop through the prongs.</li> </ul>	<ul style="list-style-type: none"> <li>✓ It falls off a spoon in a single spoonful when tilted</li> <li>✓ It continues to hold shape on a plate.</li> <li>✓ It can be piped layered or moulded.</li> <li>✓ It is important that it tastes, looks and smells good.</li> <li>✗ Not too thick/claggy</li> <li>✗ It cannot be poured, drunk from a cup or sucked through a straw.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a blender.</li> <li>• Remove tough skins and large seeds</li> <li>• Cut food into small chunks</li> <li>• Puree foods with extra liquids e.g. gravy, milk or stock. (Try not to use water as this reduces the goodness in the food).</li> <li>• Blend small amounts of food at a time to avoid lumps.</li> <li>• Any fluid or gravy served with the meal must also be thick</li> </ul>

### Breakfast ideas

- Ready Brek or smooth porridge
- Puréed scrambled eggs with milk and cheese
- Baked beans (pureed and sieved)
- Milkshakes made with pureed fruit. Thickener may need to be added
- Peeled then pureed tinned or fresh fruit e.g. peaches, pears
- Smooth yoghurt or fromage frais
- Fruit smoothies
- Level 4 Full English: all ingredients pureed separately. Consider tomato passata sauce, mashed potato.

### Main meal ideas

- Puréed meat and gravy (no bones or skin)
- Puréed cooked fish (no bones or skin) and sauce e.g. cheese, white
- Pureed pasta with sauce
- Pureed boiled white rice with sauce e.g. puréed curry, puréed mince and gravy
- Pureed meat or vegetable casserole
- Potatoes and vegetables (cook until soft and tender, drain and purée)
- Thick smooth soup (may need thickener/pureed lentils adding)
- Add flavour with mustard, curry powder, soy sauce, lemon juice, Bovril, Marmite, mint sauce, mango chutney, spices. Avoid adding dried herbs

### Dessert and snack ideas

- Angel Delight, mousse, Instant Whip
- Thick custard
- Pureed semolina, rice or other milk pudding
- Puréed stewed fruit and custard (fruit may need sieving)
- Crème caramel
- Jelly or milk jelly
- Egg custard
- Smooth fruit fools
- Plain cake puréed with custard or cream
- Sweet, plain biscuits soaked in hot chocolate, milkshake or coffee until soft
- Humous