

Pureed Bread Products

What are pureed bread products?

Some people with swallowing problems can eat bread products only if they are pureed.

Pureed foods are **soft**, **moist**, and **smooth**. They have the look and texture of a pudding or mousse and they hold together. Pureed foods should not be lumpy, thin, or runny.

Eating well

Canada's Food Guide suggests eating a variety of foods from the Grain Product food group each day:

Grain Products

Adults (over 18 years) - 6 to 8 servings a day

Teens (14 to 18 years) - 6 to 7 servings a day

Children (2 to 13 years) - 3 to 6 servings a day

Examples of 1 serving **before** pureeing:

- $\frac{3}{4}$ cup (175 mL) hot cereal
- 1 piece of cake
- 1 small muffin
- 1 pancake
- 1 slice of bread
- $\frac{1}{2}$ cup (125 mL) pasta or rice

Foods to choose:

- pureed breads, buns, pitas, bagels, or toast
- pureed baked items (cookies, pastry crusts, biscuits, polenta, muffins, loafs, cakes, or pies)
- pureed pancakes, waffles or French toast
- pureed bread pudding or bread stuffing
- pureed crackers
- all smooth cooked cereals (such as oatmeal, cream of wheat or rice, oat bran, cornmeal)
- infant cereal

- rice, couscous, or barley in a sauce or gravy
- minced or bite-sized pasta (elbow macaroni, small shells), cooked until very soft and served in a sauce or casserole

* See the next page for tips on making pureed bread products.

Foods to avoid:

- grain products with chocolate chips, nuts, seeds, dried fruit, or any hard particles (such as multigrain bread with seeds)
- large flake oatmeal, Sunny Boy[®], Red River[®] hot cereals
- dry cereals
- hard or chewy granola or cereal bars
- dry, loose rice (steamed, wild, brown)
- grain products with crispy cheese topping

Making pureed bread products

Pureed bread products are solid foods blended with a liquid until smooth.

1. Use a hand blender with a chopper attachment, mini chopper, food processor, or blender to puree all foods. Ask your dietitian if you need more information.
2. Take one serving grain product and break into small pieces if needed.
3. Add 1 Tbsp (15 mL) of liquid. You can also use liquids such as milk, juice, broth, melted butter, or margarine to puree your foods.
4. Blend together until smooth and moist like a pudding or mousse.

If the pureed food is too thick:

- Add extra liquid to your pureed food. Add 1 Tbsp of liquid at a time.
- Puree your food again to make your grain product smooth and moist.

If the pureed food is too thin:

- Add more of the food being pureed or add breadcrumbs, mashed potato flakes, infant cereal, or a commercial thickener to thicken.
- Puree your food again after adding any of the thickeners above.
- If pureed food is still too thin, repeat the steps above.
- You can buy commercial thickeners, like Resource® ThickenUp®, at a pharmacy.

An idea to make bread products the right texture

Make a Slurry

A bread product slurry is made from liquid and commercial thickener. It is used to soak a bread product (such as bread, cookies, muffins, or pancakes) to help soften the food to the right texture. Bread product slurries feel like pudding in the mouth.

Below is a recipe for the slurry mix and two recipes showing you how to use the mix:

Slurry Mix

1 Tbsp	commercial thickener	15 mL
½ cup	hot milk*	125 mL

1. Mix commercial thickener with hot milk and stir until smooth.

* You can also use hot juice, water, or a nutrition supplement drink in the slurry recipe.

Slurry Digestive Cookies

¼ cup	slurry mix	50 mL
2	digestive cookies	2

1. Place two digestive cookies in a dish.
2. Cover with slurry mix. Let stand until soft, then serve.

Slurry Pancakes

½ cup	slurry mix	125 mL
1	pancake	1

1. Place pancake in a dish and add slurry mix. Spread evenly and cover. Put in the refrigerator overnight to let the pancake absorb the slurry mix.
2. Warm in a microwave, oven, or toaster oven. Remove and serve.