

# Pureed Diet

## What is a pureed diet?

A pureed diet is needed for people who have trouble chewing or swallowing.

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 recommends choosing a variety of foods from all four food groups each day. This includes Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.

## Vegetables and Fruit

**Adults (over 18 years) - 7 to 10 servings a day**  
**Teens (14 to 18 years) - 7 to 8 servings a day**  
**Children (2 to 13 years) - 4 to 6 servings a day**

Examples of 1 serving **before** pureeing:

- 1 medium size vegetable or fruit
- ½ cup (125 mL) fresh, frozen, or canned vegetables or fruit
- ½ cup (125 mL) vegetable or fruit juice

## Foods to choose:

- pureed soft cooked or canned vegetables
- pureed soft skinless fruit
- strain pureed vegetables and fruits before eating if there are pieces of skin or small seeds (such as in strawberries, corn, blueberries, tomato sauce, smoothie)
- pureed stewed pitted prunes
- smooth mashed potatoes or squash
- jarred baby food, strained vegetables or fruit
- commercially prepared fruit sauces (such as Fruitsations®)
- vegetable or fruit juice

## Foods to avoid:

- vegetables and fruits that do not puree well because of skin or seeds (such as raspberries, blackberries)
- all forms of pineapple
- dried fruit (such as coconut, raisins)

## 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:

- ¾ cup (175 mL) hot cereal
- 1 slice of bread
- ½ cup (125 mL) cooked pasta or rice

## Foods to choose:

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

## Foods to avoid:

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

### **An idea for making bread products the right texture—make a slurry**

A 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.

**Recipe:** Mix together 1 Tbsp (15 mL) commercial thickener and ½ cup (125 mL) hot milk (or use hot juice, water or nutritional supplement). Mix until smooth. Use it to soak a bread product. The bread product will soften.

## **Milk and Alternatives**

**Adults (over 18 years) - 2 to 3 servings a day**

**Teens (14 to 18 years) - 3 to 4 servings a day**

**Children (2 to 13 years) - 2 to 4 servings a day**

Examples of 1 serving:

- 1 cup (250 mL) milk or fortified soy beverage
- ¾ cup (175 mL) yogurt
- ½ cup (125 mL) pudding or custard (made with milk or fortified soy beverage)
- 1½ oz. (50 gram) cheese
- 1 cup (250 mL) cottage cheese

### **Foods to choose:**

- plain or flavoured milk, buttermilk, soy milk, milkshake
- smooth milk pudding, custard, or yogurt
- smooth ice cream or frozen yogurt
- melted cheese in a pureed food
- pureed cottage cheese

### **Foods to avoid:**

- milk products with chocolate chips, nuts, seeds, dried fruit or any hard particles like granola or rice in them
- crispy cheese topping

## **Meat and Alternatives**

**Adults (over 18 years) - 2 to 3 servings a day**

**Teens (14 to 18 years) - 2 to 3 servings a day**

**Children (2 to 13 years) - 1 to 2 servings a day**

Examples of 1 serving **before** pureeing:

- 2½ oz. (75 gram) or ½ cup (125 mL) cooked meat, poultry, fish
- 2 eggs
- 2 Tbsp (30 mL) peanut or nut butter
- ¾ cup (175 mL) cooked beans or lentils
- ¾ cup (175 mL) tofu

### **Foods to choose:**

- pureed moist meat, poultry, or boneless fish
- pureed sausages or wieners without the casing
- pureed cooked eggs and egg substitutes
- pureed mixed meals (such as sandwiches, casseroles with allowed ingredients)
- pureed soft cooked peas, beans, or lentils (such as hummus, baked beans)
- pureed tofu
- pureed soups
- jarred baby food, strained meat, poultry, or fish
- smooth nut butters (such as peanut butter) used in cooking

### **Foods to avoid:**

- deep fried, crispy or battered meats, fish, or poultry
- all nuts or seeds
- crunchy nut butters or smooth nut butters spread on food

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## Desserts and Snacks

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### Foods to choose:

- ice cream, sherbet, popsicles
- Jell-O® and Bavarians
- pureed baked desserts (cakes, cookies)

### Foods to avoid:

- chocolates, hard candy, toffee, licorice, gum
- baked desserts with chocolate chips, nuts, seeds, dried fruit, or any hard particles
- cheese puffs, popcorn twists, chips, popcorn, pretzels, or Cheezies®
- all pickles, olives

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## Condiments, Sauces, and Dressings

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### Foods to choose:

- sugar, sugar substitutes, syrup, or jelly
- honey used in cooking
- finely ground seasonings, herbs, or spices
- smooth condiments (such as ketchup, mustard, BBQ sauce, soy sauce, cranberry jelly, mayonnaise)
- non-hydrogenated margarine, butter, mayonnaise, salad dressing, sour cream
- smooth gravies or strained sauces (such as white sauce, cheese, hollandaise sauce)
- cream cheese and cheese spread used in cooking

### Foods to avoid:

- jam or marmalade
- herbs, spices, and seasonings with hard seeds (such as coriander, whole pepper)
- chunky condiments (such as horseradish, chutney, relish, salsa, tartar sauce, cranberry sauce)
- spreads, gravies, or sauces that are not smooth (such as mushroom gravy)

## Making pureed food

Use a mini chopper, food processor, or blender to puree all foods.

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## Grain Products

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1. Take one serving and break into small pieces if needed.
2. Add 1 Tbsp (15 mL) of liquid. Liquids such as milk, juice, broth, melted butter, or margarine may be used to puree your foods.
3. Blend together until smooth and moist, like a pudding or mousse.
4. You may need extra liquid to make your grain product smooth and moist. Add 1 Tbsp of liquid at a time.

\*You can also use the slurry recipe on page 2.

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## Vegetables and Fruit

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1. Drain vegetables or fruit before pureeing.
2. Cut into small pieces.
3. Blend until smooth, like a pudding or mousse.
4. Most vegetables and fruits do not need liquid added when pureeing. If liquid is needed, use vegetable or fruit juice or the juice from canned fruit; add 1 Tbsp (15 mL) at a time.
5. Use a strainer to remove any skins or seeds as needed.

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## Meat, Poultry, or Fish

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1. Take one serving and cut into small pieces.
2. Add 1 Tbsp (15 mL) of liquid. Liquids such as broth, gravy, sauces, melted butter, or margarine may be used to puree your foods.
3. Blend together until smooth and moist, like a pudding or mousse.
4. You may need extra liquid to make your meat product smooth and moist. Add 1 Tbsp of liquid at a time.

### **If the pureed food is too thin:**

- Add more of the food being pureed or add breadcrumbs, mashed potato flakes, infant cereal, or commercial thickener to thicken. After adding the ingredient, puree the food again.
- You may need to add more thickening ingredients to get the right texture.
- You can buy commercial thickener, like Resource<sup>®</sup> ThickenUp<sup>®</sup>, at a pharmacy.

### **What to do with leftovers:**

- Freeze the extra portions right away, using ice cube trays, muffin tins or on baking sheets.
- Once frozen, put in freezer bags, label, and store in freezer for later use.
- When thawing food items, make sure to stir the food well to mix in any liquid that may have separated.

## **Sample meal plan**

### **Breakfast:**

Hot cereal  
Blended bread pudding  
Milk  
Juice or soft cooked fruit, pureed

### **Lunch:**

Soup, blended or strained  
Boneless fish, pureed  
Bread, pureed  
Milk  
Soft cooked fruit, pureed

### **Supper:**

Meat, pureed  
Mashed potatoes  
Smooth gravy or sauce  
Soft cooked vegetables, pureed  
Smooth milk pudding  
Juice

### **Snack ideas for anytime:**

Muffin, pureed  
Blended bread pudding  
Soft cooked or canned fruit, pureed  
Ripe banana, pureed  
Smooth yogurt or pudding