

Puree Diet



Tips for preparing a puree diet

Many people require changes to their diet to ensure the food and fluid taken is managed easily. In addition, if you have a small appetite, you may find small frequent meals easier to manage than large meals. You should choose foods which are high in calories if you have recently lost weight unintentionally or need to gain weight.

Preparation Tips:

To puree a food means to blend or whisk it into a thick, smooth paste with **no lumps**.

- To ensure a puree consistency, solid foods should be well cooked, chopped into small pieces and blended using a food processor.
- You may find it easier to blend small quantities at a time as the blender then works more efficiently. It may take a couple of minutes for the food to blend properly.
- Ensure the blades of the blender are covered by the food before switching it on.
- Adding water when blending food will achieve the correct consistency but will not increase the nutritional content. Instead add extra stock, gravy, sauce, sour cream, fruit juice, milk, double cream, or Over the Counter Supplement Drinks eg. Build Up™, Complian™, Nutriment™, Supligen™, Nurishment™ to help achieve the correct consistency and add extra calories. If adding hot liquids, let it cool slightly before adding.
- Ensure the lid is on properly before switching on to prevent any spills and splashes.
- Rinse blender immediately after use and clean it with warm soapy water. Be careful not to immerse electrical parts in water.



Preparation tips

Food Type	Puree Consistency Foods	Foodstuffs to Add When Blending
Milk, Cheese and Dairy	<ul style="list-style-type: none"> • Milk and milkshakes • Double cream or sour cream • Yoghurt without nuts, pieces of fruit or seeds • Cottage cheese • Macaroni and cheese 	<ul style="list-style-type: none"> • Milk and yoghurt are good sources of protein and can be used to thin casseroles
Meat, Fish, Poultry and Meat Alternatives	<ul style="list-style-type: none"> • Pureed meat, fish (no bones), or poultry • Scrambled eggs or egg substitute • Pureed casseroles 	<ul style="list-style-type: none"> • Try thinning pureed meats or casseroles with broth, stock, gravy or cheese/tomato-based sauces • You can also try adding Build Up soup
Breads, Rice, Cereals, Pasta and Potatoes	<ul style="list-style-type: none"> • Cooked cereal without added fruits/nuts • Pureed rice, noodles • Mashed potatoes/root vegetables eg. Sweet potato, butternut squash, pumpkin, turnip, swede • Broth, strained cream, soup 	<ul style="list-style-type: none"> • Add a small amount of gravy or sauce when pureeing noodles or rice • Try adding milk to root vegetables/potato to help with blending and add extra butter/margarine and cheese to boost calories
Fruits and Vegetables	<ul style="list-style-type: none"> • Pureed vegetables • Vegetable and fruit juices • Apple sauce • Pureed fruit • Mashed avocado 	<ul style="list-style-type: none"> • Add butter, margarine or mayonnaise to puree vegetables to boost calories • Mix pureed fruit with yoghurt, ice cream, custard or cream. • Try blending fruit to make shakes with milk or juice or Over the Counter Supplement Drinks
Sweets and Desserts	<ul style="list-style-type: none"> • Pudding, custard, gelatine, ice cream, ice lollies or fruit ice • Pureed cakes and pies • Jelly • Whipped topping 	<ul style="list-style-type: none"> • Honey, jelly, or syrup can be blended into other foods for extra flavour and calories • Add sugar, honey, and syrup to desserts



NOTE: If you have problems swallowing ask your GP to refer you to a Speech and Language Therapist. If you are taking thickened fluids, all fluids need to be thickened as directed by your Speech & Language Therapist. If you have Diabetes or High Cholesterol speak with your Doctor or Dietitian before starting.

Developed by Nutrition and Dietetics Services at Central London Community Healthcare, March 2010

advice and tips for you