

# Pureed Diet

## A guide to preparing and eating food at home

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### Why do I need a pureed diet?

People who have trouble chewing and/or swallowing need a pureed diet. A pureed diet helps you to swallow safely and maintain your nutrition and health.

### What is dysphagia?

Dysphagia means difficulty in swallowing. Common symptoms include:

- coughing and/or clearing your throat after you swallow
- often having the sensation of food sticking in your throat or mid-chest

### What is a pureed food?

Pureed food is smooth (no lumps), moist and should hold its shape on a spoon.

An example of a pureed food is pudding.

### What are some pureed foods already in my fridge or pantry?

Here are some common foods that are allowed on a pureed diet:

- plain or fruit yogurt that is smooth (without skin or seeds)
- applesauce and other fruit sauce without skin or seeds
- pudding
- custard

## How can I safely prepare pureed foods?

Pureed food is prepared by blending. To safely puree foods at home you will need a blender, immersion blender or food processor.

It is best to puree foods once they are cooked and slightly cooled. For example, pureed ground beef once it is already cooked and seasoned rather than when it is raw.

You will need to add liquids to most foods you puree such as:

- milk
- broth
- juice
- gravy
- sauces
- soup
- creams

Liquids add flavor and make sure the puree is smooth.

Be creative! Add sugar or cream to pureed fruit, herbs and spices to pureed cooked vegetables, and condiments like ketchup, hot peppers or plum sauce to pureed cooked meats.

Make it easy! You can also puree convenience food such as:

- canned brown beans, stews or soups
- frozen pastas
- meat pies
- macaroni and cheese

Don't forget to add some liquid to get a smooth result.

## What can I do when eating out or at a special occasion?

Planning is the key when eating out at a restaurant. Check the menu before you go for foods that are okay on a pureed diet. Many restaurants have their menus online. You can also call the restaurant in advance to explain your diet needs. Many restaurants will be happy to accommodate you.

When eating out at a special occasion, or a friend's house, it is best to let the host know about your diet needs before you go. If the host is unsure about what to make you, offer to bring your own dish.