



Pureed Diet

You need a pureed diet because you are having problems chewing or swallowing. This handout teaches you how to puree foods and which foods are safe for you to eat.

Name: _____

Dietitian/Dietetic Assistant: _____

Telephone: _____ **Ext.** _____

What are pureed foods?

Pureed foods are blended so you do not need to chew them.

Steps to puree your foods:

- Cook food until tender.
- Put into a blender or food processor.
- Add liquid. Use high calorie liquids when possible such as cream, milk, juice and gravy. Broth and liquids from canned or cooked fruits and vegetables can also be used to puree foods.
- Cover and blenderize until food is smooth.

Tips to puree...

- Fill the blender no more than $\frac{1}{2}$ full each time.
- Refrigerate or freeze extra servings in closed containers right away.
- Pureed foods can be kept in the refrigerator for 2 days. To store longer, single portions can be frozen in the freezer for 3 to 4 months.
- Try blenderizing casseroles and mixed dishes such as beef stew to add variety to your diet.
- When using convenience products, heat food after blending to avoid burns.
- Clean blender and blades well after each use with hot soapy water. Rinse well.

Can I eat prepared pureed foods?

There are prepared foods that are already pureed at your grocery store. You can eat these foods but they usually cost more than homemade pureed foods.

Some examples include:

- Baby foods that are pureed such as meat, vegetables and fruit
 - Canned or powdered milkshakes
 - Puddings
 - Applesauce or other fruit sauces
 - Ice cream without nuts or pieces of fruit
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Can I eat convenience foods?

Yes, but you will need to puree these foods. Some examples include canned, ready-made or frozen foods such as:

- Cream soups
- Frozen entrees such as chicken pies, macaroni and cheese
- Hamburger Helper® or similar products
- Canned stews or pasta
- Canned or frozen fruit
- Canned or frozen vegetables

Pureed Diet

	Foods Allowed	Foods to Avoid
Milk and milk products	<ul style="list-style-type: none"> • All milk and milk beverages • Cream • Yogurt, plain or flavoured 	<ul style="list-style-type: none"> • Yogurt with seeds, nuts or whole fruits
Grain products	<ul style="list-style-type: none"> • Cooked, refined cereals such as Cream of Wheat®, Cream of Rice®, farina, infant cereal, strained oatmeal • Pureed pastas • Pureed rice • Pureed bread 	<ul style="list-style-type: none"> • Coarse whole grain breads or cereals • Cereals with seeds, nuts or whole fruit • Dry cereals such as granola • Fried rice • Fried noodles
Meat, fish, poultry, and alternates	<ul style="list-style-type: none"> • Pureed meat, fish, chicken, turkey or other poultry • Blended cottage cheese or soft tofu • Melted cheese or cheese as a flavouring in other foods that puree well • Pureed legumes 	<ul style="list-style-type: none"> • Fried meats • Chicken, turkey or other poultry skin • Sausages or wieners with tough skins • Fish with bones • Hard cheese • Fried eggs • Peanut butter • Nuts and seeds

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	Foods Allowed	Foods to Avoid
Vegetables and fruit	<ul style="list-style-type: none"> All fruit and vegetable juices and nectars All canned or cooked fruits and vegetables in a pureed form Smooth mashed potato 	<ul style="list-style-type: none"> Fruits with seeds or tough skins such as cherries, coconut, grapes, grapefruit, orange, raspberries, strawberries, tomatoes, Dried fruits Vegetables with seeds or tough skins such as celery, corn, potato skins and peas Raw or fried vegetables
Soups	<ul style="list-style-type: none"> Bouillon, consomme Pureed or strained stock or cream soups 	<ul style="list-style-type: none"> All others
Desserts and sweets	<ul style="list-style-type: none"> Smooth desserts such as pudding, custards, ice cream without nuts or pieces of fruit honey, jelly, plain sugar candy, sugars and syrups 	<ul style="list-style-type: none"> Desserts with seeds, nuts or pieces of fruit or vegetables Marmalade and jam
Beverages	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Fats and oils	<ul style="list-style-type: none"> Smooth and strained sauces, gravies, butter, margarine, cream cheese, mayonnaise and whipped toppings 	<ul style="list-style-type: none"> Any fat or oil with particles such as garlic, pieces of cheese, nuts and seeds
Other	<ul style="list-style-type: none"> Pureed casseroles made from combinations of foods allowed 	<ul style="list-style-type: none"> All those made from the list of foods to avoid

Dietitian's or Dietetic Assistant's suggestions:

1. _____
2. _____
3. _____