



Patient Education

Pureed food and thickened fluids

This handout will help answer some of your questions on what to eat and drink to improve your comfort and safety when swallowing.

Patient Name: _____

Hospital Telephone Number: 905-527-4322

Dietitian: _____ Extension: _____

Dietetic Assistant: _____ Extension: _____

Speech Language Pathologist: _____ Extension: _____

Community Contacts: _____

What is Dysphagia?

Some people have trouble swallowing when drinking and/or eating. Having trouble swallowing is called dysphagia. Signs to look for are coughing, choking, gurgly voice or having food stick in your throat when you eat or drink.

When you have dysphagia, you will need to make changes to some of your foods and drinks to make swallowing easier and safer for you.

In this handout, you will learn about:

- the best food texture for you
- foods and fluids that are easier to swallow
- foods and fluids that can cause choking
- thickened fluids and other types of fluids you can have

Which food texture is best for me?

In addition to thickened fluids, it is recommended that your foods be pureed.

See the chart in this handout for your list of foods allowed and foods to avoid

Why are fluids important to me?

Your body needs fluids to function properly and prevent dehydration.



You will need to have thickened fluids to make your swallowing easier. Sometimes, people on a thickened fluid diet do not take enough fluids because the thickened fluids are filling and not always enjoyed as much as thin fluids. Some people lose the feeling of thirst even when their body needs fluid.

You need to have 6 to 8 cups of thickened fluids every day to prevent dehydration (1 cup = 8 oz).

How can I make fluids easier and safer to swallow?

Thicken your fluids to make the texture like:

- nectar – thick
- honey – thicker
- pudding – thickest

There are 2 types of thickened fluid products:

1. Fluids that come already thickened. Examples include:
 - Resource Dairy Thick®
 - Resource Thickened Juice®
(such as apple and orange)
2. Powders that you use to thicken fluids*. Examples include:
 - Resource ThickenUp®
 - Kingsmill Quick Thick®
 - Oetker UltraThick®

*follow the instructions on the package

Ask your health care provider where to purchase these products.

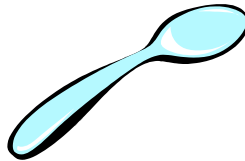
Can I drink water, coffee and tea between meals?

No

Do not drink water, coffee or tea.
Keep your mouth moist by using:

Yes

Take water, coffee or tea from a **teaspoon**.
Swallow after each spoonful.



Yes

Take water, coffee or tea from a **cup**.
Swallow after each sip.



Can I drink water during a meal?

No

Do not drink water during a meal.

Yes

Follow these steps to decrease the chance of food and/or fluids going into your lungs:

1. Clear your mouth of all food and fluids.
2. Swallow twice without food or fluids in your mouth. This is a dry swallow.
3. Take water from teaspoon and swallow. Repeat step 3.
4. Once these steps are done you can take water, coffee or tea from either a teaspoon or a cup as indicated on page 5.

Can I drink from a straw?

No.

It is more difficult to control the fluid in your mouth and throat when you use a straw.

What are some tips to help me swallow easier?

Eat in a calm and quiet place. Avoid busy restaurants and turn off the TV.

Moisten foods by mixing with:

- smooth gravy or sauce
- broth
- butter or margarine
- mayonnaise
- sour cream
- yogurt

Recipes

KATY DRINK

½ package or 3 oz	Jello® powder, any flavour
1 cup	boiling water
1 cup	pureed fruit
½ cup	low fat, plain yogurt

Dissolve Jello® powder in boiling water.

Add pureed fruit and yogurt.

Using a wire whisk, blend until smooth.

Chill.

Notes:



Pureed food and thickened fluids

You need foods that are:

- pureed and smooth
- “spoon thick” and “pudding like” consistency

Type of food	Foods allowed	Foods to avoid
Milk Products	<ul style="list-style-type: none"> • Plain or smooth yogurt, pudding and custard • Blenderized Cottage Cheese • Melted cheese or cheese as a flavouring in other "allowed" foods • Thickened milk & thickened chocolate milk 	<ul style="list-style-type: none"> • Ice Cream and sherbet • Yogurt/pudding with seeds, nuts, or whole fruits • Rice pudding and tapioca pudding • Cottage Cheese and other cheese • Milk, unless thickened • Milkshake
Grain Products	<ul style="list-style-type: none"> • Cooked, refined cereals: Cream of Wheat®, Cream of Rice®, farina, infant cereal and strained oatmeal • Pureed pastas • Pureed rice or pureed congee • Pureed bread 	<ul style="list-style-type: none"> • Oatmeal • Cereals with seeds, nuts or whole fruit • Dry cereals • Waffles, pancakes and french toast • Bread, bagels, pizza, dumplings, and stuffing • Cakes, cookies, muffins, pastry, donuts and crackers • taco and tortilla shells • Rice • All others not in the "foods allowed" list
Meat and Alternatives	<ul style="list-style-type: none"> • All meat, fish, poultry in a pureed form • Pates • Pureed legumes 	<ul style="list-style-type: none"> • All other meat, fish, poultry not in a pureed form • Meats that do not puree well such as fried meats, sausage and wieners • Peanut butter • Eggs • Nuts, seeds • Tofu • All others not in the "foods allowed" list

Type of food	Foods allowed	Foods to avoid
Casseroles	<ul style="list-style-type: none"> • Pureed casseroles made from combinations of allowed foods 	<ul style="list-style-type: none"> • All those made from foods that do not puree or strain well- • Casseroles with seeds and nuts
Vegetables and Fruit	<ul style="list-style-type: none"> • Thickened juice • All canned or cooked vegetables and fruit in a pureed form • Smooth mashed potato 	<ul style="list-style-type: none"> • Vegetable or fruit juices unless thickened • Raw fruits and vegetables • Fruits or vegetables with tough membranes, seeds or skins • Fruits or vegetables that do not puree well such as peas, corn and grapes • Coconut • Dried fruit • Soups, unless blenderized and thickened
Fats and oils	<ul style="list-style-type: none"> • Butter, margarine, oil and smooth salad dressings • Smooth or blenderized sauces and gravies 	<ul style="list-style-type: none"> • All others
Other Foods	<ul style="list-style-type: none"> • Desserts that puree into a smooth consistency • Honey, jam, marmalade, jelly, sugars or syrups 	<ul style="list-style-type: none"> • Desserts with seeds, nuts or pieces of fruit or vegetables • Jello® or gelatin • Jellied fruit candies, hard candies, toffee, carmel, jube-jubes, chewing gum • popcorn, chips, pretzels • Popsicle® • Pop • All others not classified as "foods allowed"