

Pureed Diet Texture

Pureed foods are soft, blended, and or strained semi-liquid foods with a smooth consistency that requires no chewing.

Food Group	Foods Recommended	Foods to Avoid
Grain products	Cooked cereals – cream of wheat, strained oatmeal, oat bran, cream of rice, infant cereal Soaked bread products: pancakes, muffins, cakes, cookies - soaked in syrup or warmed milk Pureed bread products Pureed pasta Pureed rice Pureed soft polenta	Regular breads, rolls Muffins, pancakes, pastries Crackers, cookies Cakes Dry cereals, granola Granola bars
Vegetable and Fruit	All vegetable & fruit juices and sauces (strained) Pureed vegetables Mashed potatoes Pureed fruits Applesauce	Whole or raw vegetables, salad Whole or raw fruit Dried fruit Tough skins: potato, peas, corn, celery, tomatoes, cherries, oranges
Meat and alternatives	Pureed meats, poultry, deboned pureed fish, pureed casseroles Blended smooth tofu Poached egg, scrambled egg Pureed legumes	Fried meats Chicken, turkey or other poultry skin Fish with bones Wieners/Hot dogs/Sausages Fried eggs Nuts, seeds and nut butters
Milk and alternatives	All fluid milk Yogurt beverages Milkshakes Kefir Smooth yogurt Custard, puddings, mousses Blended smooth cottage cheese or soft cheeses Cheese grated onto hot foods such as pureed vegetables and casseroles	Hard cheeses Yogurt with seeds, skins or pieces of fruit

Other Food	<p>Soups: blended or smooth, strained cream soups</p> <p>Desserts: Jello, mousses, ice cream, sherbet, sorbet, ices, frozen yogurt, blended tapioca or rice pudding, whipped toppings</p> <p>Condiments/ Spices/ Snacks: Butter, margarine, cream sauces, sour cream, oil, gravy, mayonnaise, herbs & spices, cream cheese, sugar, honey, maple syrup, pancake syrup, salt, pepper, jelly, cream cheese</p>	<p>Soups with chunks or pieces</p> <p>Desserts: with nuts, seeds or dried fruit, cakes, pies, tarts, cookies, fruit crisps, donuts</p> <p>Condiments/ Spices/ Snacks: Jam, marmalade, coconut, pickles, olives, popcorn, potato chips, corn chips, whole cloves, seed spices, candy, any fat or oil with particles such as garlic, cheese, nuts, seeds</p>
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Items that can be purchased already pureed:

- Pureed applesauce or fruit sauce
- Pre-made pureed soups (e.g. squash, tomato)
- Pudding cups
- Pre-made milkshakes/ smoothies
- Pureed baby foods (meats, vegetables, fruits)
- Yogurt/ yogurt tubes
- Plain ice cream, sorbet or sherbet - without any pieces/chunks/toppings

How to puree your foods at home:

1. Cook food well until tender. Do not overcook as this may cause meat to be stringy or tough and vegetables to be soggy.
2. Place food in a blender or food processor.
3. Add liquid. Start with 2 Tbsp (30mL) and increase amount of liquid needed until smooth:
 - ✓ Milk
 - ✓ Broth
 - ✓ Butter
 - ✓ Juice (fruit or vegetable)
 - ✓ Gravy strained
 - ✓ Sauce (tomato, alfredo)
 - ✓ Liquid from cooked/canned fruits or vegetables
 - ✓ Cream
 - ✓ Pureed soup
4. Cover and blend until smooth and no pieces/chunks are visible.

Tips for following a pureed diet:

- Fill the blender or food processor no more than ½ full each time
- Refrigerate or freeze extra servings in closed containers or ice cube trays
- Pureed foods can be kept in refrigerator for 2 days. Individual portions can be kept in the freezer for 3-4 months
- Try blending casseroles and mixed dishes to add variety to your diet (e.g. beef stew, chili)
- When using convenience products/ re-heating a meal, heat food after blending to avoid burns
- Add seasonings to taste:
 - Sugar or cream to pureed fruits/ vegetables
 - Salad dressing to pureed vegetables or salads (potato, pasta, 3 bean)
 - Add spices or fats to savoury dishes (butter, margarine, salt, other seasonings)
 - Add condiments to meats (ketchup, BBQ sauce)

Registered Dietitian: _____

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