



Pureed Diet Texture

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

Food Group	Foods Recommended	Foods To Avoid
Grain Products	cooked cereals (cream of wheat, strained oatmeal, oat bran, cream of rice) soaked bread products(pancakes, muffins, cakes, cookies soaked in syrup or warmed milk) pureed bread products pureed pasta, pureed rice pureed soft polenta	regular bread, rolls, muffins, pancakes , crackers, cakes, cookies, dry cereals, rice, pasta, noodles cold cereals, granola cereals and granola bars
Vegetables and Fruit	all vegetable juices and sauces(strained) pureed vegetables, mashed potatoes. all fruit juices and nectars pureed fruits, applesauce	whole vegetables, raw vegetables and salads whole fruits, dried fruits
Meat and Alternatives	pureed meats, poultry, deboned pureed fish, pureed casseroles or stews , blended cottage cheese, soft cheeses, cream cheese, poached egg, scrambled egg cheese grated onto hot foods such as pureed vegetables and casseroles.	whole meats , chicken, fish with bones, wieners, sausages, nuts, seeds, and nut butters
Milk and Alternates	all fluid milk, yogurt beverages, milkshakes, kefir, smooth yogurt, custard, puddings, mousses, blended cottage cheese	hard cheeses, yogurt with seeds, skins or whole fruit

Other Food Soups Desserts	jello, mousses, ice-cream, sherbet, sorbet, ices, frozen yogurt, blended tapioca or rice pudding, soups blended or smooth strained cream soups	desserts with nuts, seeds or dried fruit, cakes, pies, tarts, cookies, fruit crisps, donuts, Soups with chunks
Sugar/Fat/ Snacks	butter, margarine, cream sauces, sour cream, oil, gravy, mayonnaise, herbs & spices, cream cheese, sugar, honey, maple syrup, pancake syrup, salt, pepper, jelly.	jam, marmalade, dried fruit, nuts, seeds, coconut, pickles, olives, popcorn, potato chips, corn chips, whole cloves, seed spices, candy

Products at the grocery store already a pureed texture:

- pureed fruit cups
- pre-made pureed soups (example squash soup)
- pudding cups
- pre-made smoothies, milkshakes
- pre-made baby foods (pureed meats, vegetables and fruits)

Dietitian: _____

Contact Number: _____

Meal Tips

Breakfast:

- Cream of wheat or strained oatmeal with your choice of pureed fruit, yogurt or cottage cheese on the side
- Add cheese and milk to scrambled eggs to increase flavor and creaminess
- Make a fruit smoothie using yogurt and fruit (no seeds or membranes)
- Cinnamon bun or muffin soaked in warm milk (use 2 ½ oz. milk added to small muffin or bun no nuts or fruit , warmed in a microwave)
- pureed canned pears or peaches over yogurt

Snacks:

- Pureed fruit cup, pudding, yogurt
- Soaked cake, cookies, muffins or moist bread pudding

Lunch:

- Egg or chicken salad pureed (without bread) served with pureed soup
- Fruit smoothie using yogurt and fruits
- Blended cottage cheese with pureed fruits or jelly
- Pureed meat, chicken or fish with mashed potatoes and pureed vegetables
- Cheese soufflé with pureed soup or yogurt on side
- Hummus or pureed tofu and a pureed vegetable

Dinner:

- Blended pasta with alfredo, tomato, cheese or meat sauce
- Pureed meats with gravy and pureed vegetables
- Baked or poached fish- depending on the texture (no breading) does not need to be blended
- Pureed stews, casseroles or chili
- Pureed tofu with curry or Indian-style sauces

Desserts:

- Cake or shortbreads soaked in custard layered with pureed fruit and whipped cream
- Mousses
- Ice cream(no nuts or chunks) topped with pureed fruit, sauces or jelly
- Any custard type pie filling (without the crust) such as pumpkin, lemon meringue, key lime)

Food Preparation - How to Prepare Pureed Foods

1. Cook meat or vegetables until well done. Do not overcook which will cause meat to be stringy or tough and make vegetables soggy.
2. Use the following chart to measure the amount of food that you wish to puree. Place food in the blender or food processor.
3. Starting with the smallest amount of liquid shown in the chart, add liquid to blender. Use broth or gravy for pureeing meat, poultry and fish. Use the cooking water to puree vegetables, and juice or syrup to puree fruit.
4. Cover and pulse on-off until food is coarse. If food cannot be blended smoothly, add more liquid until desired consistency is reached.

Amount of Food	Amount of Liquid
½ cup (125 mL) cooked chicken or turkey breast	4 - 6 Tbsp (60-90 mL)
½ cup (125 mL) cooked roast beef, lean & trimmed	3 - 5 Tbsp (45-75 mL)
½ cup (125 mL) cooked ham	3 - 4 Tbsp (45-60 mL)
7 ½ ounces (225 mL) canned salmon	2 - 3 Tbsp (30-45 mL)
6 ½ ounces (184 mL) canned flaked ham	5 - 6 Tbsp (75-90 mL)
½ cup (125 mL) cottage cheese	0 - 2 Tbsp (0- 30 mL)
1 cup (250 mL) carrots, parsnip, peas	2 - 3 Tbsp (30-45 mL)
1 cup (250 mL) broccoli, spinach	0 - 2 Tbsp (0 - 30 mL)
1 cup (250 mL) canned fruit	0 - 2 Tbsp (0- 30 mL)

Source: Thick'N Tasty Cuisine, Chedoke-McMaster Hospitals, 1991.

Important:

1. Make sure that the blender and utensils are clean to avoid risk of bacterial infection.
2. Pureed foods may be refrigerated for a maximum of 48 hours in a tightly covered container.
3. Blended foods may be kept in the freezer for up to three months. To freeze, allow food to cool in the refrigerator and then freeze in tightly covered containers.