

## PUREED DIET

- **PURPOSE:** The pureed diet is designed to provide liquid foods and foods of a smooth, soft consistency that require no chewing.
- **USE:** The diet is designed for patients who have difficulty Swallowing and/or have difficulty preparing food for swallowing e.g., chewing, mashing, forming a bolus. It is also indicated for patients who experience pain when eating a diet of regular or soft consistency, e.g., following surgery to the mouth or esophagus.
- **MODIFICATIONS:** The diet consists of liquid foods and foods of a smooth soft consistency. Foods should be the consistency of “mashed potatoes.” Often a stabilizer such as potato flakes is added to obtain the correct texture. A slice of bread is included in each meal. If a patient cannot tolerate bread, another starch item much be increased to substitute for the bread or the bread should be blended with milk. The quantity of added liquids should not diminish the nutritional quality of the product.
- **ADEQUACY:** When appropriate choices are made, the diet is adequate in All nutrients according to the 1989 Recommended Dietary Allowances (see Appendix 5). If foods given do not meet the patient’s nutritional requirements, oral supplements should be given. Table D-11 provides a guideline for food selection for the pureed diet.

**TABLE D-11: FOOD SELECTION GUIDELINES FOR PUREED DIET**

FOOD CATEGORY	RECOMMENDED	NOT RECOMMENDED
<b>Beverages</b>	Milk, malted milk, milkshakes; coffee, tea; soda; hot cocoa.	Any containing raw egg, any not tolerated or contraindicated by medical condition ( e.g., alcohol
<b>Breads</b>	Soft, crustless bread may be pureed with milk or other liquid ingredients if tolerated; bread crumbs may be added to soups, casseroles, and vegetables.	Any with seeds, dried fruits, nuts, or crusts, any not tolerated.

**TABLE D-11:FOOD SELECTION GUIDELINES FOR PUREED DIET, Continued**

<b>FOOD CATEGORY</b>	<b>RECOMMENDED</b>	<b>NOT RECOMMENDED</b>
<b>Cereals</b>	Cooked cereals without added fruits or nuts.	Any with seeds, nuts, dried fruits; any not tolerated.
<b>Desserts</b>	Plain custards, puddings, sherbert; ice cream; fruit-flavored ices and frozen pops; fruit whips; fruit-flavored yogurt; flavored gelatin; cakes and pies pureed with milk or other liquids.	Any with coconut, seeds, nuts or whole or dried fruits; any not tolerated or contraindicated by medical condition.
<b>Fats</b>	Butter or margarine; cream and cream substitutes; cooking fats and oils; gravies; whipped cream and whipped topping.	Bacon; any not tolerated or contraindicated.
<b>Fruits</b>	Peeled, pureed fruits; fruit juices; nectars.	Any not tolerated.
<b>Meats and Meat Substitutes</b>	Meat, fish, and poultry pureed without skin or bone and generally thinned with a liquid other than water; cottage cheese; cooked scrambled eggs and egg substitutes may be pureed and used as tolerated.	Raw eggs; any not tolerated.
<b>Potato or Substitute</b>	Mashed or creamed potatoes; pureed Rice or noodles may be thinned with Sauce or gravy.	All others; any not tolerated.
<b>Soups</b>	Broth, bouillon, consommé, blended Strained soups.	Any not tolerated.
<b>Sweets</b>	Clear jelly; honey; sugar; sugar substitutes; syrup.	Any with seeds, coconut, nuts, whole And dried fruits; any not tolerated or Contraindicated by medical Conditions.
<b>Vegetables</b>	Pureed, cooked vegetables without Seeds; vegetable juices.	All others.
<b>Miscellaneous</b>	Seasonings (eg., salt and pepper); ground spices; smooth condiments.	Nuts, coconut, olives, seeds; any not tolerated or contraindicated by medical condition.

**TABLE D-12: SAMPLE MENU FOR PUREED DIET**

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
1/2 c orange juice 1/2 c pureed egg or 1 scrambled 1/2 c oatmeal 1 slice wheat bread (pureed with milk to moisten) 2 t margarine 1 c whole milk 1 serving coffee/water 2 t sugar 1 T jelly salt, pepper	3 oz lean roast beef pureed with 3 T broth 1/2 c pureed mashed potatoes 1/2 c pureed broccoli 1 whole wheat roll pureed with milk 1/2 pureed pears 2 t margarine 1 c whole milk 1 serving tea/water 2 t sugar salt, pepper	3-4 oz chicken pureed with 3T broth 1/2 c pureed carrots 1/2 c pureed lima beans 1 slice whole wheat bread pureed with milk 1/2 c pureed banana pudding 2 t margarine 1 c whole milk 1 serving tea/water 2 t sugar salt, pepper
<b>NUTRITIONAL ANALYSIS</b>	Kilocalories: 2007 Protein: 111 g Fat: 78 g Carbohydrate: 226 g	Sodium: 4217 mg Potassium: 3971 mg Fiber: 23 g

**REFERENCE**

1. The American Dietetic Association. *Manual of Clinical Dietetics*. 4<sup>th</sup> edition. Chicago, IL: The American Dietetic Association; 1992:130-131.

**RECOMMENDED RESOURCE**

Womack P. *The Puree Challenge*. 2<sup>nd</sup> edition. 1320 S.E. 43<sup>rd</sup> Place, Bellview, WA 98006. (206) 641-4540, 1992.