



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Level 4 - Pureed Diet

Information for patients, relatives and carers

① For more information, please contact:

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Introduction

A Speech and Language Therapist has assessed your swallowing and advised you to have a Level 4 - Pureed Diet.

This leaflet contains information to help you to choose puree consistency foods, which can be enjoyable and help to ensure adequate nourishment.

As a guide, pureed food is:

- Foods should be of a smooth texture with no lumps and require no chewing.
- Foods should not be sticky.
- Foods should hold their shape on a plate.
- Foods should usually be eaten from a spoon and drop easily from a spoon when tilted.
- Liquid must not separate out from the food.

General Points

- To achieve a puree consistency, it is necessary to puree some foods. Baby foods are not suitable for adults as they do not contain sufficient nutrients.
- To prepare pureed foods you can use a liquidiser or hand blender. Smoothie makers are not suitable.
- To ease pureeing add extra sauce, gravy or milk.
- Pureed diets can be filling and low in energy. The food can also cool quickly. Small, frequent meals and snacks can help ensure adequate nutrition and that your food is warm. You can always have second helpings.
- You may find you are able to eat better at one particular time of day. Take advantage of these times.
- Avoid drinking a lot of fluid at mealtimes, as this can fill you up. Have additional drinks between meals.
- It can be useful to cook in batches and freeze individual portions.
- Use a variety of foods, different tastes and colours – this allows variety and ensures a balanced diet. Serve meals attractively - foods can be pureed separately and kept apart on the plate.

Getting the Balance Right

To ensure your diet is as nourishing as possible, have a variety of foods and include foods from each of the following food groups every day.

1. Protein Foods

Meat and Vegetarian Alternatives

- Cook before pureeing.
- Remove all bones and gristle or use minced meats.
- Add plenty of gravy, stock, and/or sauce.
- Tinned meats and stews puree easily.
- To achieve the correct consistency use thickening powder (if prescribed), instant mashed potato or breadcrumbs.

Fish

- Beware of and remove potential skin and bones.
- Puree with sauces e.g. cheese sauce, white sauce, tartar sauce.
- Try boil in the bag varieties which are often softer.

Eggs

- Puree scrambled, poached or boiled egg with butter or mayonnaise.

2. Starchy Foods

Cereals - pureed porridge, Ready Brek or Weetabix.

Potatoes – puree all types of potato; add additional milk, cream, butter/margarine or instant mash.

Pasta – cook until soft, puree with sauce.

3. Fruit and Vegetables

Fruit

- Ripe soft fruit or tinned fruit. Remove skins, puree well.
- Stew fruit and puree.
- Add custard, cream, evaporated milk or yoghurt to fruit. These can be served with the fruit or pureed into the fruit mixture.

Vegetables – Remove skin and seeds. Cook before pureeing. Add extra sauce, gravy or milk as required to achieve a smooth consistency.

Soups

- Soups which contain vegetables, noodles or meat should be pureed to ensure a smooth texture without lumps.
- Should be smooth with no husks.
- If on thickened fluids use thickening powder to ensure the soup is of correct consistency.

4. Dairy Foods and Alternatives

Milk – preferably full calorie option of a milk of your choice. Avoid reduced calorie milks.

Puddings – rice pudding (pureed), custard, mousse, whip, yoghurt, fromage frais, evaporated milk, cream. Avoid reduced fat / low sugar versions.

Cheese – cream cheese, grated cheese can be added to foods for extra flavour.

5. Miscellaneous

These foods help to add variety to your diet.

- Try chocolate spread, hummus, guacamole, taramasalata, marmite, honey.
- Jelly jams and smooth marmalade.

Suggested Meal Ideas

Breakfast

- Pureed Weetabix, porridge or Ready Brek
- Pureed scrambled egg with milk or cheese
- Pureed fruit and a Thick and Creamy yoghurt
- Pureed skinless sausages with pureed tomatoes (no skin/ seeds) and pureed baked beans

Main Meals

- Pureed minced meat or chicken
- Pureed casseroles or stews
- Pureed fish pie
- Pureed potato and vegetables. Add cheese, margarine, butter
- Pureed pasta or rice with sauces e.g. lentil and vegetable curry
- Pureed cauliflower or broccoli cheese

Puddings and Snacks

- Thick and Creamy Yoghurt
- Fromage Frais (smooth)
- Mousse (smooth) e.g. chocolate
- Blancmange
- Instant whip
- Crème caramel
- Pureed rice pudding
- Pureed, stewed fruit
- Custard pot

Getting Enough to Eat

A common problem when pureeing food is that you often end up with less nourishment.

Make what you do eat as nourishing as possible by adding extra calories and protein.

Fortified Milk

Add four tablespoons or skimmed dried milk powder to one pint of a full calorie option of a milk of your choice.

Mix well.

Store this in the fridge and use whenever you would use milk – e.g. with cereals, porridge, soups, milk puddings, sauces, drinks e.g. malted milk, hot chocolate, coffee, tea.

Do not keep fortified milk for longer than **24 hours**.

Fortified Soup

Add natural / original Complian, Meritene (Build-Up), or skimmed dried milk powder to each can or packet soup. Crème fraiche, yoghurt, pureed meat, cream, silken tofu, grated or cream cheese can also add flavour and nourishment.

Breakfast Cereals

Add fortified milk, honey, yoghurt, cream, fruit.

Sauces

Add cheese, margarine, butter, yoghurt, cream, crème fraiche, silken tofu, evaporated milk, skimmed milk powder.

Pureed vegetables

Add salad cream, mayonnaise, cream cheese, sauces, margarine, butter, olive oil, yoghurt.

Mashed potato

Add cream, margarine, olive oil, butter, cheese, milk powder.

Puddings

Add jelly, seedless jam, honey, yoghurt, cream, crème fraiche, evaporated milk, margarine, custard, chocolate sauce, ice cream* or sorbet*.

*Not suitable if you have been advised to have thickened fluids.

Nourishing Drinks

Milky drinks e.g. hot chocolate or coffee made with milk, smoothie drinks, malted milk, milkshakes.

For more ideas and information please ask your Dietitian for the Nourishing Drinks patient Information Leaflet.

Alternatively Complian* or Meritene*/Build-up* (sweet and savoury) are available from chemists or supermarkets.

*These products should not be used if you are using a thickening powder to thicken drinks (e.g. Resource ThickenUp Clear) as they do not thicken effectively.

Constipation

Due to changes in diet constipation can be a problem:

- Drink at least six to eight cups of fluid per day

To increase fibre:

- Use high fibre cereals e.g. porridge, Weetabix. Hot milk can help soften these
- Include suitable fruit and vegetables daily
- Do not use unprocessed bran

Drinks

If you have been advised to commence thickened fluids, and/or use a thickener, please follow the guidance from the Speech and Language Therapist.

Mouthcare

Brush teeth at least twice daily with a fluoride toothpaste (unless otherwise advised by your dentist or medical professional), as eating more regularly can increase the risk of dental caries.

Reference

International Dysphagia Diet Standardisation Initiative
(<https://iddsi.org>)

Additional Information / Agreed Goals

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Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269 or email nutrition&dietetics@york.nhs.uk.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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