

Pureed Diet



What is it?

- Food that is blended, moist, smooth and lump free
- It is not sticky nor runny
- No chewing required

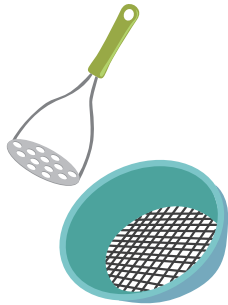
Who is it for?

- Individuals who have trouble chewing, or have weak tongue, mouth or throat muscles

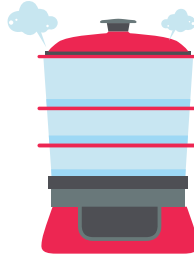
Preparation Methods



Blended



Mashed / Sieved



Steamed



Boiled

How to test it?

International Dysphagia Diet Standardisation Initiative (IDDSI) Fork Drip Test - food does not drip through the fork and sits in a pile above the fork.



IDDSI Spoon Tilt Test

- food holds its shape on the spoon and falls off fairly easily when tilted or slightly flicked. Food is not firm or sticky.

Preparation Method

Starch



Starch – Smooth, lump free instant porridge / oats.

Puree cooked potato, pasta, noodle or rice until smooth, sieve if necessary.

Example:

- Blended porridge
- Cream soup
- Blended oats / cereal

Protein



Meat – Puree meat / chicken / fish dishes puree until smooth with thick gravy / sauce.

Example:

- Silken tofu
- Mashed fish

Vegetables



Vegetables – Cook until soft, puree or mash. Ensure no lumps or seeds.

Example:

- Mashed potato / Sweet potato
- Blended leafy vegetables / melon

Fruits



Fruits – Choose fruit which can be pureed and sieved if necessary. Consider steaming harder fruits e.g. apples / pears / plums without skin before blending. Ensure no lumps, pulp or seeds.

Example:

- Papaya puree
- Blended mango

Desserts



Desserts – Choose dessert that is smooth, lump free, not sticky.

Example:

- Sesame paste
- Yogurt

If coughing, choking, throat clearing or shortness of breath is noticed during eating, stop feeding and allow the patient to rest for a few minutes. If this persists, please seek a physician or speech therapist's advice.

Other instructions:

Watch this video for more information on modified diets and general tips on making these diets nutritious for your loved one.



Speech Therapist: _____ Date: _____

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