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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Texture C – Puree Diet



INTRODUCTION

The medical term for swallowing difficulties is 'dysphagia' and this can occur due to a number of medical conditions including stroke, head injuries, Parkinson's disease, motor neurone disease, multiple sclerosis, post-surgery, respiratory disorders and where the muscles used for chewing and swallowing food safely may not be working adequately.

A **Speech and Language Therapist** (SLT) may suggest that a puree diet is followed. This is to help with the chewing and swallowing of food if the tongue, mouth or throat muscles are too weak to manage normal food.

A **Dietitian** may advise you on the appropriate foods for this consistency and on how to ensure your diet remains well-balanced.

WHAT IS A PUREE DIET?

A puree is a food consistency that is smooth without lumps or bits. It doesn't need to be chewed before swallowing. It should:

- be thick enough to be eaten with a fork
- be moist and slip rather than stick during the swallow
- hold its own shape on a plate and can be moulded, layered or piped

USEFUL WEBSITES

The British Dietetic Association
<http://www.bda.uk.com>

Patient Name:

Date:

Dietitian:

Contact details:

Speech & Language Therapist:

Contact details: 01932 722868 (St Peter's Hospital)
01483 846238 (Bradley Unit)

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Commercial supplement drinks and puddings are available on prescription. High energy drinks and soups e.g. Build-up, Complan can be purchased from supermarkets and chemists.

Manufactured baby foods have a low nutritional value and are not suitable for use on an adult diet

FLUIDS

If you have been advised to thicken your drinks it is important to follow the recommendations of the SLT. Aim to drink 6-8 cups of fluid a day to avoid dehydration. Include fruit juice daily for Vitamin C.

Pre-thickened juice drinks are available on prescription.

PUREEING FOODS

Most everyday foods can be easily made into a puree using a food processor, blender, liquidiser or by pushing food through a sieve:

- Ensure foods are well cooked
- Cut food into small chunks before processing
- Always puree dry foods with extra liquids such as gravy, milk, sauces, soups, stock, fruit juice (try to avoid using water as this dilutes the nutritional value). Ensure you do not add too much liquid as the food should be puree, not runny
- Puree small quantities at a time to avoid lumps
- Remove tough skins and large seeds before blending

TIPS

- It is best to puree and serve the meat, vegetables and starchy foods all separately on the plate to make meals look more appetizing
- Do not puree stringy foods (e.g. green beans), crumbly foods (e.g. bread), crunchy foods (e.g. nuts), chewy foods (e.g. tough meat or toffees) and foods with skins or husks (e.g. sausages or sweetcorn)
- Some people puree a large batch of food and freeze it into individual portions
- Try to eat foods high in fibre to prevent constipation e.g. porridge, pureed fruit, vegetables or pulses

- Eat 'little and often'. Aim to have three small meals a day with snacks between meals
- Sit comfortably in an upright position with the head tilted down towards the chest and the chin slightly tucked in
- Eat slowly and allow plenty of time for your meal
- Do not drink just before meals as it can fill you up
- Remain sitting in the upright position for half an hour after finishing your meal

KEEPING A BALANCED DIET

Try to have the following:

- Starchy foods e.g. potatoes, rice, pasta, cereal: 3 portions / day
- Protein foods e.g. meat, fish, eggs, lentils: 2-3 portions / day
- Fruit and vegetables: 5 portions / day
- Dairy foods e.g. milk, cheese, yogurt: 3 portions / day
- Foods containing fat and sugar - quantity will depend on whether you are underweight or overweight and if you have diabetes

IDEAS FOR BREAKFAST

- Pureed Porridge / Ready Brek / Oats So Simple – all with milk
- Weetabix soaked with hot milk

PREVENTING WEIGHT LOSS

Pureeing food often requires the addition of liquids which may decrease the nutritional content. The addition of liquid may also cause you to feel full more quickly resulting in smaller amounts of food being eaten. It is important the foods you eat have high energy content and you may need to eat little and often to prevent weight loss.

Examples of ways to enrich your foods:

- use full fat dairy products
- mix 3-4 tablespoons of milk powder, e.g. Marvel or supermarket own brand, to 1 pint of full cream milk - use in puddings etc.
- add cream, mayonnaise, olive oil, butter or margarine to foods such as eggs, potatoes, pasta, vegetables etc.
- add grated cheese to soups, casseroles, pasta, potatoes, vegetables etc.
- add cream or custard to desserts
- choose thick and creamy smooth yogurts and avoid 'healthy eating' / low- calorie foods

**** If a person is recommended to be on thickened fluid, these items may not be suitable as they melt to a thinner liquid consistency in the mouth.**

Please consult your Speech and Language Therapist for advice

SOAKING SOLUTIONS

Cakes (e.g. Swiss roll, ginger cake, Madeira cake) and bread / sandwiches can be soaked in a solution of thickened liquid to create a puree texture. You can use thickened fruit juices / milk for cakes, and stock for savoury sandwiches (NB the filling will need to be a puree consistency e.g. meat paste)

To make a soaking solution:

- 1. Add two scoops of Nutilis to 200mls of liquid**
- 2. Soak the cake or bread in the solution for 30seconds – 1 minute**
- 3. Drain**
- 4. Place in fridge for 90mins then serve**

Ready-made pureed meals are available from some companies e.g. Wiltshire Farm Foods.

- Smooth yoghurt / fromage frais with pureed fruit

SOUPS

- Most soups will need to be liquidised and strained to remove any bits
- Soups may need to be thickened using powdered potato, corn flour or prescribed thickener, e.g. 'Nutilis' if you are advised to have thickened fluids

MEAT, POULTRY AND ALTERNATIVE IDEAS

- All meat and poultry can be pureed. Puree meat alone to a pate consistency before adding the liquid, to eliminate the grainy feeling. Gradually add liquid to the blender such as:
 - beef add gravy, cranberry sauce, soup, fruit juices
 - chicken add gravy, cream sauce, fruit juices
 - ham add pineapple or fruit juices
 - pork add gravy, soups, apple juice, apple sauce
 - fish add cheese sauce, white sauce, tartar sauce

- Boneless fresh, frozen or tinned fish can be cooked by steaming, baking, poaching or microwaving, and then pureed with a smooth sauce
- Cheese is suitable when added to sauces. However if cheese is grated and heated onto food it may become stringy and difficult to swallow
- Macaroni cheese or cauliflower cheese can be pureed
- Dhal e.g. Channa or Moong is suitable if the lentils are cooked until soft and then pureed
- Other pulses may be pureed e.g. gungo or pigeon peas, but it may be easier to remove skins first

POTATOES / PASTA / RICE

- All types of potatoes can be pureed. If liquid is needed add warm milk, butter, cream / sour cream, gravy or sauce
- Puree plantain, sweet potato or yam
- Puree macaroni cheese, risotto rice, boiled rice with sauce

VEGETABLES

- All boiled or steamed vegetables can be cooked and pureed (do not have green beans or sweetcorn)
- Add extra liquid as necessary such as milk, cheese sauce, cream
- If the pureed vegetable is too thin add a thickening powder e.g. Nutulis

SALAD

- Pureed salads can be prepared by blending lettuce, cucumber and avocado
- Salad cream, mayonnaise or other salad dressings can be added and a thickening powder may be required
- Serve all salad items chilled
- Skin and deseed tomatoes

FRUITS

- Puree tinned or fresh fruits, but remove stones, cores and tough skins. Use tinned juice or fruit juice as extra liquid during blending. Add thickening powder as necessary to maintain the texture

DESERTS

- Ice-cream**
- Jelly**
- Blancmange
- Crème caramel
- Smooth thick yoghurt
- Smooth milk puddings
- Yoghurts (with no lumps)
- Custards
- Smooth mousse or instant whips
- Pureed fruit
- Smooth fruit fools (skins, seeds, pips)
- Mascarpone cheese
- Panna cotta