

PATIENT:

THERAPIST:

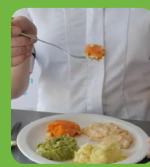
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Swallowing Advice:

IDDSI Pureed

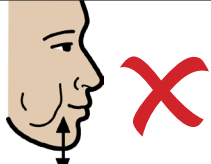


Why do I need Pureed?

- You find it hard to swallow or get tired more easily when eating more solid foods
- You are more likely to get chest infections or choke on food that is not Pureed.

A guide to Puree:

Foods can be made puree using a blender, food processor or by mashing and then sieving.

 Does NOT need chewed	✗ Food does NOT need chewed ✓ Food is smooth and moist with no lumps ✗ Food is NOT sticky, firm or rubbery.
 Can be eaten with a fork	✓ This food is usually eaten with a spoon ✓ Can be eaten with a fork ✓ MUST pass the spoon tilt test: • Food holds it's shape on the spoon • Food falls off the spoon easily if the spoon is tilted or lightly flicked ✓ MUST pass the fork test: • Food holds it's shape on the fork • Food does NOT drip through fork prongs.
 Holds it's shape	✗ Cannot be poured, drunk from a cup or sipped through a straw ✗ Liquids eg. sauces, MUST NOT separate from solids
 Final Check	✗ No hard pieces, crust or skin have formed during cooking or standing eg. cheese topping, rice pudding, custard skin ✗ Any liquid in or around the food has not become thinner

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Some tips for preparing Pureed foods

How?

- Use a blender, food processor or mash and then sieve
- Before blending remove tough skins and large seeds
- Always puree dry foods with extra liquids such as milk, gravy, stock etc. Try not to use water as this reduces the goodness in the food
- If your Speech and Language Therapist has said you need thickened liquids/ drinks make all sauces to the same thickness
- After you have pureed the food, it can become thinner and might need thickened. A thickener can be added to do this
- Puree small amounts at a time to avoid lumps.

Presentation is extremely important!

- It is a good idea to puree each food separately so that each food has its own portion on the plate. This helps the food look better and keep the taste and colour
- Do not puree whole meals as one, this looks less appetising
- This food can look very different from normal. It is important to be told what it is before eating
- Food can be made look tastier by moulding, layering or piping into different shapes on the plate
- Remember that pureeing foods can cool them down, so foods may need heated before you eat them.

NOTE!

NO ice-cream or jelly unless your Speech and Language Therapist has said this is OK.

For more examples go to: <https://iddsi.org/framework/>

For more information on the testing methods go to: <https://iddsi.org/framework/food-testing-methods/>

Please talk to your doctor if you are worried about anything to do with what you eat, your diet or your health.

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Difficult Foods

These foods can be much harder to chew or swallow. Do not eat these foods. Some can be made softer and easier to eat.

Please talk to your Speech and Language Therapist for advice

	Dry Foods Crackers, cake, bread, dry cereals (liquid can be added to make these easier)
	Crumbly Foods Biscuits, pie crusts, wheaten bread (liquid can be added to make these easier)
	Hard Foods Boiled sweets, nuts, raw vegetables such as carrot, cauliflower, broccoli
	Tough and chewy foods Streaky bacon, fatty meats, harder vegetables
	Crispy or crunchy foods Crispy bacon, flaky pastry, crackling, cornflakes, raw carrot and apple, popcorn
	Stringy Foods Pineapple, celery, rhubarb, green beans
	Pips, seeds Apple seeds, pumpkin seeds, white of orange
	Foods with outer skins, husks or outer shells Peas, grapes, fruit skins, sweetcorn, shredded wheat, bran
	Skin, bone or tough and fatty foods Chicken/fish/sausage skin. Chicken/fish bones or other bones and meat with gristle
	Round or long shaped foods Sausages, grapes, sweets
	'Juicy' foods where the juice runs out from food in the mouth Melon
	'Floppy' foods Lettuces, thinly sliced cucumber, uncooked baby spinach
	Sticky or gummy foods Nut butter, marshmallows, overcooked oatmeal/porridge, edible gelatine, konjac containing jellies, sticky rice cakes
	Mixed thin + thick textures, where there are solids and liquids together Soup with pieces of food, cereal, fruits salad with juice
	Chewy foods Lollies/candies/sweets, cheese chunks, chewing gum, sticky mashed potatoes, dried fruits
	Sharp and spiky foods Corn chips, crisps

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INTENDED FOR GENERAL INFORMATION ONLY. PLEASE CONSULT WITH YOUR HEALTH CARE PROVIDER FOR SPECIFIC ADVICE FOR YOUR NEEDS