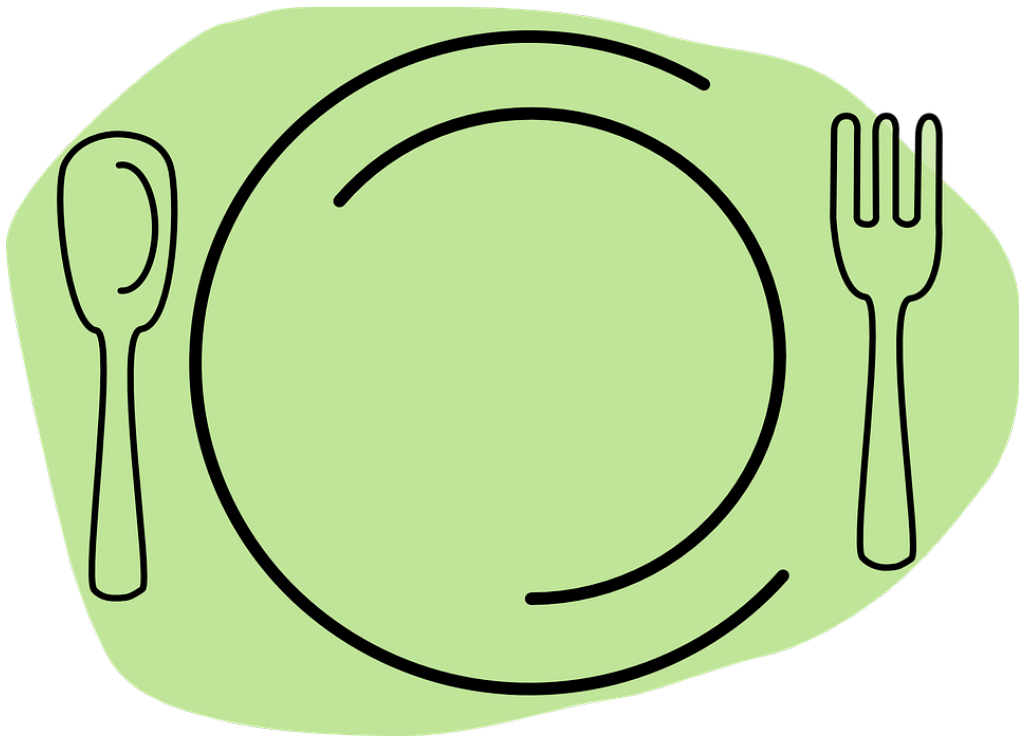


Puree Diet Level 4



How this leaflet can help you

If you or the person you are caring for is having difficulty with chewing or swallowing foods, then a puree diet may be easier to manage. A Speech and Language Therapist (SLT), Dietitian or Doctor may have recommended this texture of food because it is safer for you to eat and it is important to follow the instructions given. Taking the wrong sorts of food or drinks may lead to choking, chest infections or pneumonia.

Please ask your Speech and Language Therapist for additional advice if you need to take thickened fluids as well.

What is a pureed diet?

A puree is a food consistency that does not need to be chewed before swallowing.

- Smooth and moist, usually eaten with a spoon
- Cannot be drunk from a cup or sucked through a straw
- Of the same consistency throughout with no lumps or bits
- Falls off a spoon when tilted and continues to hold its shape on a plate
- Food should not be watery or thin
- Food should not be sticky or rubbery in the mouth

To achieve this you will need to use a liquidiser or food processor. Some foods can be mashed using a fork or spoon e.g. banana or boiled potatoes. Other foods may need to be sieved to remove husks or skins e.g. meat, peas and beans. Some foods separate on standing. If you find this happens, then using a thickening agent may prevent this.

Baby foods are not suitable as they do not provide sufficient nutrition for adults.

How do I puree foods?

Most everyday foods can be made into a puree by using a liquidiser, blender, sieve or food processor.

Method to puree:

- Make sure all foods are well cooked.
- Remove skin, bones, fat and gristle from meat and chop up before putting into the liquidiser.
- Add a little stock, gravy, sauce, soup, milk, cream, condensed or evaporated milk to make the food easier to puree. Avoid adding just water as this dilutes the nutritional content.
- If the puree remains “bitty” you may need to use a sieve, for example for meat, sweetcorn and peas which do not liquidise well.

Once the puree is smooth, check it is the consistency recommended by your health professional.

- If too **thin** add a thickening agent, blend and wait 60 seconds, add more thickener until the food is the correct consistency. Check the manufacturer’s instructions for the quantity of thickener to use.
- If too **thick** gradually add more gravy, sauce or milk.
- Some foods do not puree well or may make you choke or cough. It is best to avoid these foods or any dishes which contain them if you are unable to tolerate them:
 - * Spices or herbs
 - * Vinegar or lemon juice
 - * Pips and skins
 - * Any food which separates or becomes watery when pureed e.g. cabbage
 - * Any food which is very dry and will need lots of fluid to puree

Thickening agents

These include: arrowroot, cornflour, gravy granules, instant potato powder, ground rice or custard powder.

Thickeners which your GP may prescribe include: Resource® Thicken-up™ Clear, Thick & Easy™, Vitaquick™, Thixo-D® and Nutilis Clear.

What should I eat?

It is important to have as varied and well-balanced diet as possible. Each day include these foods:

- **At least one pint of full cream milk** (at the appropriate thickness if necessary) - this provides a good source of calcium. Use it in drinks, custard, sauces or on permitted cereals.
- **Fruits and vegetables which provide vitamins, minerals and fibre. Try to have five portions a day.** A portion is 1 piece of fruit, 4oz/100g tinned fruit or 2 tablespoons of vegetables. As one of your five a day, you could drink a glass of fruit juice or a fruit drink (at the appropriate thickness if necessary) with added Vitamin C instead of having fruit.
- **Protein foods such as chicken, meat, fish, cheese, eggs, beans or lentils – have 2 to 3 portions per day.** A portion is 4oz/100g meat, 2oz/50g cheese or 2 eggs.
- **A starchy food such as potato, rice, pasta or cereal. Try to have a portion at each meal.** A portion is a medium sized potato 6oz/150g, 2 tablespoons of pasta or 1oz/25g of cereal.

- **Fluids – drink at least 8 cups per day.** Remember to thicken drinks if your SLT has instructed you to do this.

But remember foods will need to be pureed to the correct consistency. A dietitian can give you more advice about your individual dietary needs.

Is your appetite poor?

If you are only managing small amounts of food, you can also try the following ideas:

- Have small frequent meals or snacks e.g. every two hours - you may find this easier than three large meals.
- Make the most of times when your appetite is at its best by eating a little more. This may mean moving the time of your main meals and enriching your food and drinks.
- Have nutritious drinks such as milk, milkshakes, or Complan/Aymes between meals, or if you cannot manage a main meal (Complan/Aymes is available from chemists/supermarkets).
- Avoid drinking just before a meal as this will fill you up too quickly.
- Consider having suitable pre-prepared snacks and meals or some suitable frozen ready meals available for ease.
- Have nourishing snacks or drinks handy for when you do feel hungry.
- Drinks such as water, tea and coffee provide very little nourishment and can fill you up. Try milky drinks instead (at the appropriate thickness if necessary).
- Juice-style, milkshake style, soups, and pudding-style nutritional supplements may be available on prescription. Please ask your dietitian for advice.

Adding extra nourishment to food

To help you gain weight or prevent weight loss, you will need to have extra energy (calories) and protein in your diet. The healthy eating guidelines for the general population do not apply when you are unwell. Here are some suggestions:

Milk:

- Whisk 2-4 tablespoons of milk powder into 1 pint of full cream (whole) milk. This can be used in place of ordinary milk in drinks, soups, sauces, milk puddings, instant whips or porridge.

Sweet foods:

- Add cream, custard, evaporated/condensed milk, full fat yoghurt (no bits), jam (no pips), honey, lemon curd or syrup.
 - Add sugar or glucose to drinks, desserts and cereals.
- NB: People with diabetes should continue to limit high sugar food options.

Savoury foods:

- Soup can be made more nutritious by adding cream cheese, cream, natural yoghurt, crème fraiche, evaporated milk or two tablespoons of milk powder.
- To vegetables and potatoes add extra margarine or butter, cream, cream cheese, well-melted grated cheese, salad cream, mayonnaise or milk based sauce.
- To milk based savoury sauces add cream, evaporated milk or grated cheese.
- If you are concerned about your heart health, you can fortify foods with vegetable oils (e.g. rapeseed and olive oil), vegetable margarines (e.g. olive oil spread and sunflower margarine) and avocado (sieved if stringy).

If possible, weigh yourself once a week. If you continue to lose weight, please ask to see a dietitian.

How can I make my pureed meals more enjoyable?

- Try to make purees more appetising by serving the meat and vegetables separately on the plate, including different coloured vegetables e.g. carrots and broccoli. Moulds that you can use to freeze foods to make them look more attractive are available free of charge from thickener manufacturers. Please ask your Dietitian or Speech and Language Therapist for details.
- Include a variety of foods in your diet.
- Add extra flavours to food by using powdered spices, mustard, stock cubes, Marmite, Bovril,

tomato puree, lemon juice, chilli powder, curry paste/powder, Worcester sauce, brown sauce, or ketchup

- Use garnishes to make the food more attractive, for example paprika, cream or natural yoghurt on savoury dishes and cocoa, icing sugar, piped cream or lemon curd on sweet foods.
- When food is pureed it loses a little of its flavour, so it is best to taste and season after it has been pureed. A small amount of pepper can be used to improve flavour.
- Some foods lose colour when pureed. Adding Bovril, Marmite, tomato puree or tomato sauce can help to improve the appearance.
- If you eat slowly only put small quantities of food on the plate and keep the rest hot for second helpings. Using a smaller plate may help.
- Eat in a quiet, relaxed atmosphere. Do not rush your meals and make sure you are sitting upright in a comfortable position. A Speech and Language Therapist can give you more advice about techniques to assist safe swallowing if required.

Food Preparation

Bulk cooking and then freezing pureed foods can be helpful. It is important to maintain a good standard of hygiene when food is being cooked, liquidised, frozen and re-heated.

The following hints will reduce risk of food contamination/poisoning:

- When preparing recipes in bulk, individual portions can be frozen in single pots or small freezer bags. Clean, empty margarine tubs and yoghurt pots are useful for this.
- Made-up foods can be stored in the fridge for up to 24 hours.
- When freezing food, ensure that all equipment and containers are clean.
- After cooking, put into individual pots, cool foods quickly (1½ hours maximum) and freeze immediately. Label and date the pots.
- Most frozen foods will store in a freezer or fridge freezing compartment marked *** for up to two months.
- Before cooking, defrost food thoroughly in the refrigerator or in the microwave.
- It can be difficult keeping food warm enough. Try using a heated plate and serving small portions at a time, or keep the remainder hot by placing over a saucepan of hot water.

Remember

- Make sure food is thoroughly and evenly heated until piping hot.
- Only re-heat food once (more often increases the risk of food poisoning).
- Never re-freeze foods.

Meal Suggestions

Remember to make sure foods are the right consistency by puree-ing/sieving and/or adding thickener. Your Speech and Language Therapist will advise you whether ice cream and jelly are suitable.

Breakfast

Ready Brek or instant porridge made with fortified milk and sugar/honey

Pureed fruit or fruit juice,

Thick and creamy yoghurt or fromage frais (no bits)

Main meal

Pureed meat, poultry, fish or egg dish, pureed minced meat e.g. shepherds/cottage pie, stews, casserole, chilli, bolognese, lasagne, moussaka, pureed flaked fish with a sauce, or fish and potato pie

Sieved beans/lentil dish or smooth dahl, pureed cheese & potato pie, pureed vegetables (sieved to remove strings/skin), pureed cauliflower/broccoli/carrots/swede/turnip/courgettes with cheese sauce, white sauce, gravy or milk

Creamed/instant potato with butter and milk, pureed rice or pasta e.g. macaroni cheese, with plenty of sauce, quiche (remove pastry and purée with milk)

Desserts

Thick and creamy yoghurt, fromage frais (no bits) or custard, stewed or mashed fruit (sieve to remove pips/skin), mousse, instant whip or blancmange, pureed milk puddings with added jam (pips) or honey/sugar, pureed sponge with custard, cheesecake (no bits and without biscuit base), crème

caramel, well mashed banana with cream/custard, panna cotta (no bits), fruit fools (stewed sieved fruit, mixed with whipped cream and/or custard)

Light meal

Home made/tinned/packet soups (no lumps), thicken if necessary, pureed tinned pasta e.g. macaroni cheese, ravioli

Vegetables pureed with cheese sauce e.g. cauliflower, broccoli

Scrambled, poached or boiled egg pureed with butter, savoury egg custard

Jacket potato (no skins) pureed with pureed fillings e.g. cream cheese, paté, tuna egg mayonnaise, or smooth peanut butter

Between meal

Milk or milky drinks (at the appropriate thickness if necessary), e.g. coffee, Horlicks, Ovaltine, drinking chocolate/cocoa

Snacks

Milkshakes made with pureed fruit and ice-cream, Complian/ Aymes, fromage frais, yoghurt (no bits) or mousse, houmous, guacamole, cream cheese or taramasalata, savoury mousse (no bits), fruit smoothie

Soaking Solutions

It is also possible to make suitable snacks such as biscuits, cakes and sandwiches with suitable fillings (such as cream cheese or salmon mousse). A soaking solution can be made from Resource® ThickenUp® Clear, Nutilis or Thick and Easy™. A soaking solution is a liquid which is made up and poured over food such as biscuits, crackers, bread, cakes and breakfast cereal to alter the consistency without puree-ing.

Resource® ThickenUp® Clear Soaking Solution

Choose cake with no bits e.g. fruit or chocolate chips. Slice cake into 1cm thin slices (about the thickness of a slice of bread).

Remove crusts from bread, and if desired cut into finger sandwich sized lengths.

Prick the bread or cake gently with a fork to make it more porous.

1 level scoop of Resource® ThickenUp® Clear

100ml water/fruit juice/stock/coffee or tea

- Add the powder first to a clean dry cup, and add 100ml of chosen fluid.
- Stir the solution until the powder has dissolved and pour straight onto the bread or cake.
- **Do not allow the solution to thicken first.**
- Cover in cling film and allow to soak for two hours

We suggest transferring the prepared bread, cake or biscuit carefully using a spatula to a clean plate when serving. Alternatively, you can wipe away any visible soaking solution on the plate. This improves the appearance when serving.

Suggestions for the soaking solutions include clear stock for savoury products like bread and savoury biscuits. Orange juice works well in a soaking solution for chocolate cake. Other fruit juices can be used with cake or sweet biscuits, and tea can be used with rich tea or gingerbread biscuits.

Recipe Ideas for a Puree Diet

Savoury Mince (serves 2)

2 teaspoons (10g) Marmite

2 dessertspoons (20mls) boiling water

4 dessertspoons (40mls) cold water

2 dessertspoons (20g) dried milk powder

8oz (240g) finely minced beef

2 glasses (350mls) tomato juice

- Dissolve Marmite in boiling water in bowl.
- Add cold water.
- Sprinkle in dried milk powder and whisk into the liquid.
- Mix beef and tomato juice together and add to water and milk powder.
- Cook over moderate heat for 15 minutes, stirring well, puree to finish.

Chicken Mousse (serves 2)

15g (½ oz) butter/margarine
 15g (½ oz) flour
 150mls (¼ pint) milk
 120g (4oz) chopped cooked chicken (no bone /gristle/skin)
 small bay leaf
 ½ onion, chopped
 pinch of nutmeg
 5g (½ dessertspoon) powdered gelatine
 ½ eating apple (peeled and chopped)
 ½ tablespoon tomato ketchup
 1½ tablespoon mayonnaise

- Melt butter in saucepan.
- Stir in flour and cook gently for three minutes.
- Gradually add milk, stirring continuously.
- Add nutmeg and bay leaf, simmer for 10 minutes.
- Remove bay leaf.
- Place milk, chopped apple, onion, chicken, ketchup and mayonnaise in blender, blending into a smooth puree.
- Dissolve gelatine in two tablespoons of warm water and add to mixture.
- Place in dish and chill until set

Vegetables au Gratin (serves 2)

240 - 360g (½ -¾ lb) vegetables (such as cauliflower, broccoli, carrots, squash, onions, leeks)
 150mls (¼ pint) cheese sauce
 45g (1½oz) cheese

- Boil vegetables, drain when cooked and place into blender.
- Blend into a smooth puree and place in pie dish.
- Add cheese sauce, mixing well with vegetable puree.
- Sprinkle remaining grated cheese on top and brown under a hot grill.

Fish Mornay (serves 2)

240g (7oz) cooked white fish
 15g (½ oz) butter
 15g (½ oz) flour
 150mls (¼ pint) milk
 30-45g (1-1½ oz) grated cheese
 ½ small tin chopped tomatoes (sieved to remove seeds)
 ¼ tablespoon prepared mustard

- Remove skin and bones from fish and flake with fork.
- Preheat oven to 200°C/400°F/Gas Mark 6.
- Melt butter with flour, cook gently for three minutes.

- Gradually add milk to flour mix and bring to boil.
- Season and add most of the cheese and mustard.
- Simmer until cheese has melted, stirring occasionally.
- Place fish in ovenproof dish and add chopped tomatoes.
- Pour sauce over fish and sprinkle remaining cheese on top.
- Bake in oven for approximately 30 minutes.

Fruit Mousse (serves 2)

½ packet jelly
 ½ small tin of evaporated milk
 ½ small tin fruit in syrup

- Dissolve jelly in ¼ pint of boiling water.
- Make up to ½ pint with fruit, syrup and cold water.
- Liquidise fruit and add to jelly.
- Leave in cool place, until just beginning to set.
- Whisk until fluffy, add milk, whisking continuously.
- Pour into dish and allow to set.

Remember jelly doesn't set if mixed with kiwis or pineapple

Constipation

This may be a problem if you cannot drink enough fluid or eat enough fibre or if you are only eating small amounts of food.

Try to drink 8 – 10 cups of fluid per day (at the appropriate thickness if necessary); we advise a variety of drinks.

Introduce high fibre foods gradually into your diet:

- wholegrain cereals e.g. Ready Brek or instant porridge.
- mushy peas, baked beans, lentils – mashed and sieved
- stewed or tinned fruit especially prunes, apricots, figs – liquidised and sieved

Do not use natural bran unless advised to do so by the dietitian

Meal Delivery Services:

These companies can deliver puree meals to your home:

Appetito

Phone: 01225 562627 Website: <https://www.apetito.co.uk/meals-on-wheels/>

Hertfordshire Independent Living Service (HILS)

Phone: 0330 2000103 Website: <https://hertsindependentliving.org/meals/>

Simply Puree

Phone: 0191 4560456 Website: www.simplypuree.co.uk/

Wiltshire Farm Foods:

Phone: 01923 491188 Website: www.wiltshirefarmfoods.com/

Oakhouse Foods

Phone: 0333 3706700 Website: <https://www.oakhousefoods.co.uk/>

Useful contacts:

The Stroke Association	Tel: 0207 566 0300	www.stroke.org.uk
Motor Neurone Disease Association	Tel: 01604 250505	www.mndassociation.org
Parkinson’s Disease Society	Tel: 0207 931 8080	www.parkinsons.org.uk
MS Society of Great Britain	Tel: 0208 438 0700	www.mssociety.org.uk
IDDSI (International Dysphagia Diet Standardisation Initiative)		www.iddsi.org

Your Dietitian is:

Your Speech and Language Therapist is:

Prepared by the Nutrition & Dietetic Service and the Speech & Language Therapy Departments

Nutrition and Dietetic Service:

Howard Court, Welwyn Garden City, 01707 364345

Sandridge Gate Business Centre, 01727 732011

Speech and Language Therapy Department
Lister Hospital 0300 123 7571

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How can I seek advice or make a compliment or complaint if I want to?

You can speak directly to the staff on the unit.

You can contact the Patient Advice & Liaison Service (PALS) for Hertfordshire Community Health Services by phone or email. Opening hours are 10.00 am – 2.00 pm Monday – Friday but messages can be left outside these hours.

Free phone: 0800 011 6113

Email: pals.hchs@nhs.net

Address: PALS
 Hertfordshire Community Health Services
 1a Howard Court
 14 Tewin Road
 Welwyn Garden City
 Herts AL7 1BW

A variety of information leaflets which may be useful during your admission are available in the leaflet rack on the unit.