



PUREED DIET

Purpose of the diet: to provide foods that have been processed in a blender that need a minimal amount of chewing and are easily swallowed.

Description of the diet: the foods on this diet are processed or strained. A food processor or blender will be needed to puree the foods. Liquids may be added during blending to get the correct consistency.

Guidelines:

- The consistency once blended should be like applesauce or mashed potatoes with no lumps.
- Baby foods may be used without blending as long as there are no chunks.
- Do not blend two different foods together. This may not taste good.
- Do not puree foods with skins, seeds, bones, gristle or cartilage.
- Moisten pureed meats with sauces or gravies.
- Add milk, butter, gravy, sugar, or applesauce to increase calories.
- All beverages are allowed.

Food List:

- **Fruits:** pureed canned or cooked fruit, applesauce, mashed banana, all juices.
- **Vegetables:** all pureed vegetables and all juices.
- **Breads and cereals:** refined cooked cereals such as cream of wheat, cream of rice and grits, pureed pancakes.
- **Starchy vegetables:** mashed white or sweet potatoes.
- **Meat and meat substitute:** pureed meat or poultry, flaked fish, soft cooked scrambled eggs and cottage cheese.
- **Milk and milk products:** milk, cottage cheese, plain yogurt, ice cream, cream, custard and puddings.
- **Other:** broth, strained cream soups, cooking fats and oils, margarine, mayonnaise, catsup, mustard, sherbet, gelatin, sugar, honey and syrup.