Swallowing recommendations for: _______________________________

**What is puree food?**

Some people who have swallowing problems (dysphagia) may need puree food. This means that it *does not* have to be *chewed* and is *easier* to *swallow*.

Puree food is:

- A ‘normal’ diet that has been **blended/liquidised** until it is **smooth** in consistency.
- There should be **no lumps**, but it should not be runny like soup.

**Top tips when making puree food**

- You will need a **blender**, **liquidiser** or **sieve**.
- Ensure there are **no lumps** in the food.
- Add extra **moisture** to your food, for example with **white sauce**, **cheese sauce**, **gravy**, **tomato pasta sauces**, **milk**, **cream**, **custard**, **apple sauce** or **butter**.
- Puree foods **separately** if able, for example, meat, vegetables and potatoes, to give more **variety** and improve **flavour**.
- Present foods **separately** on the plate to make it more **appealing**.
- Add **more flavour** with ingredients such as **grated cheese, soft cheese, hummus** or **pesto**.
- **Do not** puree foods with **skins, seeds, bones, gristle** or **cartilage**.
- If you are making puree food for **someone else**, you may wish to **puree half the food** and eat the other half in its ‘normal’ form yourself.
- Puree food can **cool down quickly**, so may need to be **reheated**.

## Meal suggestions

<table>
<thead>
<tr>
<th>Meal / course</th>
<th>Suggestions</th>
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| **Breakfast** | • Porridge/Ready Brek  
• Weetabix (ensure it is well soaked in milk)  
• Yoghurt  
• Puree stewed fruit and yoghurt/cream  
• Mashed banana and yoghurt/cream  
• Puree baked beans, mushrooms and peeled tomatoes  
• Puree scrambled egg  
• Puree smoked haddock with plenty of butter/cream or milk |
| **Main meals** | • Puree scrambled eggs with puree baked beans, mushrooms and peeled tomatoes  
• Puree pasta with cheese or tomato sauce for example macaroni, lasagne, ravioli or bolognese  
• Puree curry and rice puree with plenty of sauce  
• Puree casserole/stew with plenty of gravy  
• Puree sausages (with skins removed) with gravy  
• Puree fish in lots of sauce  
• Puree cooked meat with plenty of sauce/gravy  
• Puree broccoli/cauliflower with cheese  
• Puree cottage pie/shepherds pie with gravy  
• Puree Ratatouille  
• Puree chilli and rice puree with sauce  
• Puree mince and potato with gravy  
• Puree thick soups **(add potato to thicken. Add**
<table>
<thead>
<tr>
<th>Potatoes/vegetables</th>
<th>Drinks thickener if recommended thickened fluids</th>
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<tbody>
<tr>
<td>• Puree risotto</td>
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<tr>
<td>• Smooth mashed potatoes (add cheese, butter, cream, gravy, cream cheese or soft cheese)</td>
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<tr>
<td>• Puree carrot, swede, butternut squash (add cheese, butter, cream or gravy)</td>
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<tr>
<td>• Puree broccoli or cauliflower cheese</td>
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<tr>
<td>• Mashed avocado</td>
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<tr>
<td>• Puree mushrooms with peeled tomatoes or baked beans</td>
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<tr>
<td>• Puree beans, peas, broccoli, parsnips, cauliflower, leeks etc with gravy</td>
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<table>
<thead>
<tr>
<th>Fruit</th>
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<tbody>
<tr>
<td>• Mashed bananas</td>
<td></td>
</tr>
<tr>
<td>• Puree stewed fruit (no skins)</td>
<td></td>
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<tr>
<td>• Puree fresh/tinned fruit</td>
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<table>
<thead>
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<th>Puddings</th>
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<tbody>
<tr>
<td>• Crème caramel</td>
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<tr>
<td>• Milk jelly/blancmange</td>
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<tr>
<td>• Angel Delight</td>
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<tr>
<td>• Puree rice pudding</td>
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<tr>
<td>• Puree fruit with yoghurt, cream or custard</td>
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<tr>
<td>• Mousse</td>
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<tr>
<td>• Custard</td>
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<tr>
<td>• Fruit fools</td>
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<tr>
<td>• Jelly (<em>not suitable for people who need thickened fluids</em>)</td>
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<tr>
<td>• Thick and creamy yoghurts, fromage frais</td>
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<tr>
<td>• Ice cream (<em>not suitable for people who need thickened fluids</em>)</td>
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</tbody>
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### Snacks

- Smooth pâté
- Puree tinned spaghetti
- Puree egg mayonnaise
- Puree tinned tuna/tinned salmon puree with salad cream, mayonnaise or cheese sauce
- Hummus
- Smooth, mashed avocado
- Thick fruit smoothies (not always suitable for people who need thickened fluids – ask your speech and language therapist).

### Ready meals suitable for puree options

Puree the following ready meals with a blender, liquidiser or sieve after purchase:
- Curry
- Chilli con carne
- Pasta and sauce, lasagne, macaroni
- Ready-made mashed potato, mashed swede, mashed butternut squash
- Casserole/stews
- Thick soups (add potato to thicken. Add drinks thickener if recommended thickened fluids)
- Fish in sauce
- Cottage pie/shepherds pie

### Soaking solutions:

- Soaking solutions can be used to alter the consistency of normal foods such as cakes, crackers, cereal, potatoes, sandwiches and biscuits.
- Foods are soaked with thickened fluids (thickened milk, water, fruit juice or stock) so that they become very soft like puree foods.
- Thickened fluids are made using prescription fluid thickeners such as Resource ThickenUp Clear. See your GP for a prescription.
- Soaking solutions make foods safer and easier to eat, however they have the appearance of normal foods so can look more appealing.
Remember:

- Soaking solutions only work with cereals, biscuits and cakes that have no pieces in them such as fruit, nuts and chocolate pieces.
- Sandwiches must have puree fillings and the crusts removed before the soaking solution is added.

How to make soaking solutions:

- To make the soaking solution take 125ml of your chosen fluid and one level scoop of Resource ThickenUp Clear fluid thickener. Mix until you have a syrup consistency, this is the soaking solution.
- Dip the food in the soaking solution or pour the soaking solution over the food until it is thoroughly soaked.
- Cover the food and refrigerate for two hours before serving to allow it to soak.

Puree moulds:

- Moulds can be used to shape puree food so it looks more like its normal state, and is therefore more appealing to eat.
- The moulds should be used with thick purees as they hold their shape better.
- Moulds can be bought from shops and the internet.

Useful resources:

- The Caroline Walker Trust for information and guidance to encourage eating well: www.cwt.org.uk
- Wiltshire Farm Foods for ready prepared, frozen puree meals that can be delivered to your home: www.wiltshirefarmfoods.com
- Kealth Foods Ltd for ready prepared (not frozen) puree meals that can be delivered to your home: www.kealthfoods.com
- Book shops for recipe books about puree foods.
  For example:
  - The Dysphagia Cookbook by E. Achilles
  - Easy to swallow, easy to chew cookbook: over 150 tasty and nutritious recipes for people who have difficulty swallowing by D. Weihofen
  - Puree Foods with Substance and style by J.W Richman
  - The Puree Gourmet: A cookbook for puree food that look and taste delicious by J.W Richman
If you have any questions please speak to your **Speech and Language Therapist** directly or contact the **Speech and Language Therapy** department on **01223 216200**.

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**Document history**

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