

Information Prescriptions

Information Prescriptions are a quick and easy way to provide information about your condition and local services.

www.nhs.uk/ips

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand rub (special gel) available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand rub. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

If you require an interpreter or need a document in another language, large print, Braille or audio version please ask for assistance.

Produced by:

Department of Nutrition & Dietetics

Buckinghamshire Healthcare NHS Trust.

Amersham Hospital: Tel: 01494 734704

Stoke Mandeville Hospital: Tel: 01296 315775

Wycombe Hospital: Tel: 01494 425776

Author: Macmillan Dietitians Leaflet code: CISS-112

Issue date: January 2012 Version: 3

Reviewed: March 2016

Review date: March 2018

Puree Diet

Patient Information Leaflet

Safe & compassionate care,

every time

What is a pureed diet?

Pureed food:

- Is smooth and contains no bits e.g. lumps, seeds, skins, husks, fibres, gristle, bone
- Holds its shape on a plate, and the prongs of a fork will make a mark on the food's surface
- Can be eaten with a fork because it does not drop through the prongs
- Cannot be poured
- Does not spread out if spilled
- Does not require chewing

How to make pureed food

- To obtain the right consistency you will need either a liquidiser, a food processor or a hand blender.
- Before pureeing remove skins, large seeds, bones (e.g. in fish).
- Meats, vegetables and potatoes should be well cooked and tender before pureeing - try stewing or casseroles.
- Some foods may also need to be sieved after pureeing to remove bits such as skins.

You may need to add extra liquid to some food to ensure you obtain the correct texture but be careful not to add too much (see **What is a pureed diet?** above).

Questions you might have

Can I use baby foods?

Baby foods are not designed for adults and therefore will not give your body all the nutrients it needs. Baby foods also tend to be quite bland which does not suit adult tastes. They are not advised for people with dysphagia.

What about mouth care?

Chewing helps produce saliva which keeps the mouth healthy. Cleaning your mouth and teeth regularly is very important because you chew less when eating a pureed diet, so you produce less saliva.

To sweet foods - add full fat yoghurt, cream, evaporated milk, dried skimmed milk powder, custard, ice-cream (check with your SLT whether this is suitable for you), sugar, glucose, honey, syrup, seedless jam, butter or margarine (not low fat)

For example:

to puddings e.g. sponge add full fat yoghurt, evaporated milk, custard, ice-cream (check with your SLT whether this is suitable for you), cream, sugar, glucose, honey, syrup, seedless jam, butter or margarine (avoid low fat spread),

to milky drinks add dried skimmed milk powder, evaporated milk, ice-cream, cream

to breakfast cereals or porridge add fortified milk, evaporated milk, full fat yoghurt, cream, sugar, glucose, honey, golden syrup

Please refer to accompanying “**Which foods can I puree?**” **tables** for more ideas. These are available separately from your dietitian or speech and language therapist.

It is important to use a high calorie liquid such as:

- Full fat milk or Fortified milk (see page 5 for recipe)
- Cheese sauce, white sauce, parsley sauce, bread sauce
- Gravy
- Custard
- Fruit juice (avoid those labelled diet, sugar free and no added sugar)

For more advice see **Fortifying food** (page 5).

Do not use water because this will dilute the foods calories and flavour.

Making pureed food look and taste nice

- Puree foods separately to retain flavours, and arrange the purees individually on the plate.
- Try to serve brightly coloured vegetables next to paler foods e.g. pureed carrots or broccoli with pureed potato and pureed chicken in a creamy sauce.
- Try adding more flavour when pureeing food to make eating more enjoyable e.g. try using spices, herbs, soy sauce, Worcester sauce, tomato sauce, barbecue sauce, curry sauce or mint jelly.
- Pureed food can be piped or scooped to make it look more appealing.

Nutrition

If you need to eat a pureed diet, it can be hard to meet all your nutritional needs and it is important to choose a wide variety of foods.

Eat little and often – e.g. 3 small meals and 2-3 snacks and try to have the following every day:

- 3 portions of full fat milk or milk containing foods (e.g. cheese in a pureed meal, thick and creamy yoghurt (may need to be sieved to remove fruit pieces))
- 3 portions of meat, chicken, fish, eggs, quorn, soya, lentils or beans (these may need to be pushed through a sieve to remove skins)
- 3 portions of potatoes, pasta or cereal
- 5 portions of fruit and vegetables
- At least 6 – 8 mugs or glasses of fluid – you may need to thicken your drinks and your SLT will advise you about this.
- You may be advised to choose nourishing drinks (e.g. fruit juice; smoothies; milky drinks such as hot chocolate, milky coffee, milkshakes, yoghurt drinks, malted drinks (Ovaltine, Horlicks) – all these can be made with fortified milk – see **Fortifying food**)

Fortifying food

This is a way of increasing the nutrient and energy content of your food and drink without increasing your portion sizes.

Fortifying foods can make it easier for you to eat enough calories and protein every day.

Fortified milk - Add 4 tablespoons of dried skimmed milk powder to each pint of full fat milk and use this as you would use normal milk (e.g. in drinks, porridge, custard)

To savoury foods - add cheese, fortified milk, dried skimmed milk powder, gravy, cream, crème fraîche, or butter/margarine (avoid low fat spread)

For example:

to thick, smooth soups add grated cheese, dried skimmed milk powder, evaporated milk, cream. Try making cuppa soup with fortified milk instead of water. (If you need to thicken drinks, soups will need to be thickened too).

to sauces add evaporated milk, full fat natural yoghurt, grated cheese, smooth nut butter, butter or margarine cream

to mashed potato add grated cheese, full fat mayonnaise or salad cream, milk based sauces, cream, butter or margarine (avoid low fat spread) or olive oil

to vegetables add grated cheese, full fat natural yoghurt, full fat mayonnaise, butter, margarine (avoid low fat spread) or olive oil.