

SPEECH AND LANGUAGE THERAPY – ADULT SERVICE

Pureed Diet

Recommendations:

- Take small amounts in each mouthful
- Do not 'wash' food down with a drink
- If you have been advised to use a chin down posture, tilt your chin down towards your chest **before** you swallow and lift your head back up **after** you have finished the swallow(s).

Equipment needed:

1. A liquidiser or a food processor. A hand blender can be used for small quantities
2. A sieve to strain lumps, skins, pips or husks.

Tips for pureeing meals:

- Do not puree food with skins on (e.g. pulses, peas, sweet corn) unless the food is then sieved.
- Avoid food with pips (e.g. tomatoes) unless you sieve it after pureeing.
- Food should be prepared and cooked as usual. Skin, bones and gristle must be removed before putting the cooked food into liquidiser.
- When liquidising the food, add a small amount of liquid at a time until the consistency is right. Use as little liquid as possible. Blend until smooth.
- Where possible, the liquid should be gravy soup, sauces, milk or custard, as appropriate.
- The food needs to be smooth and moist.
- It is easier to puree several portions at once and store them in the freezer.
- Individual food groups should be pureed separately to retain flavour and colour. Foods like stews and hotpots can be pureed all together. Pureeing hot food cools it down. Ensure that hot food is heated to its usual temperature.
- Pureeing also warms up cold food, so this may need to spend some time in the fridge.

If you have any concerns or questions about thickened fluids, please contact the Speech and Language Department at the below telephone number:

Walsall Manor Hospital – Speech and Language	01922 721172 – extension: 6266
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