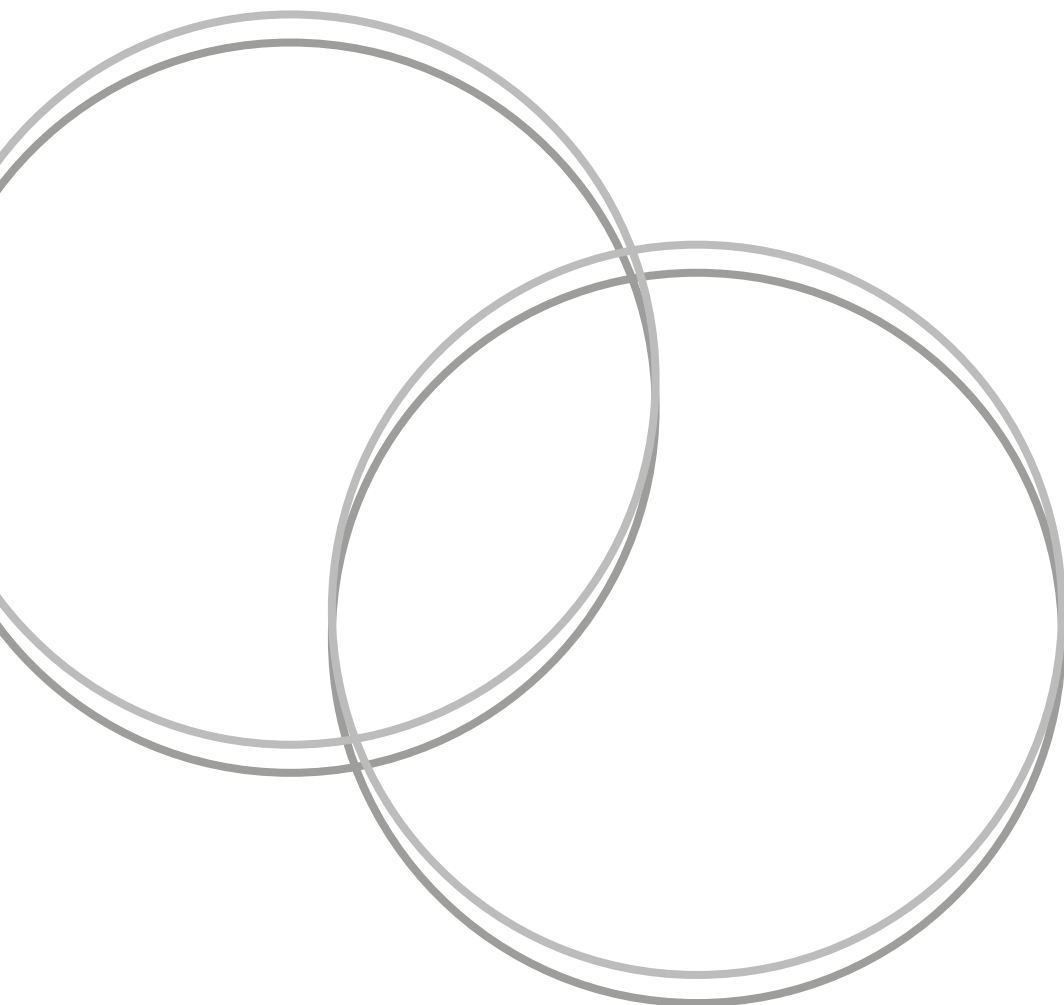


Modified Texture: Level 4 Puréed Foods



Introduction

You may need to change the texture of your food and drink if you:

- have problems chewing or swallowing your food
- have a dry or sore mouth
- have a sore throat
- feel that food is getting stuck in your food pipe (oesophagus)
- cough during or after eating or drinking
- have a gurgly voice after eating
- have recurrent chest infections
- choke on certain food or drinks more than others

The texture that you need will depend upon the problems that you are having when eating. This may change over time and your Speech and Language Therapist will be able to let you know if this is the case.

If you have been given specific advice about food textures or thickening fluids from a Speech and Language Therapist you must follow these guidelines for safety reasons.

Whatever texture you have been advised to have, it is important that you receive the nourishment that your body needs. This leaflet is designed to help you choose suitable foods that will keep you healthy and help your body to cope with any treatment that you need.

A balanced diet

It is very important that your meals are well balanced to give you all the nutrients that your body needs. There are five different food groups that provide you with different nutrients as follows:

1. Bread, other cereals, potatoes, pasta and rice

These starchy foods provide your body with energy. They are also an excellent source of fibre and B vitamins and are cheap and easy to prepare.

2. Fruit and vegetables

Fruit and vegetables provide many vitamins including vitamins A, C and E. Fruit and vegetables also provide important minerals and fibre.

3. Meat, fish and alternatives

These foods provide protein that is essential for growth and repair. They are excellent sources of B vitamins, iron and zinc which are also important for wound healing.

4. Milk and dairy foods

These protein and energy rich foods are good sources of calcium that is needed for strong bones and teeth. Choose full-fat alternatives if your appetite is poor.

5. Foods containing fat or sugar

Fat is a very rich energy source and can be used to add extra calories to your food. This is particularly useful if you are eating less than normal. Sugar is also a rich energy source and can be added to food to increase calories. Remember to brush your teeth after meals and sugary snacks to prevent tooth decay.

Puréed foods –

These are in line with the International Dysphagia Diet Standardisation Initiative (IDDSI). To check textures please visit: **www.IDDSI.org/framework/food-testing-methods/**

Puréed Foods:

- are usually eaten with a spoon
- do not require chewing
- have a smooth texture with no lumps
- hold shape on a spoon
- fall off a spoon in a single spoonful when tilted
- are not sticky
- liquid (like sauces) must not separate from solids

You may need a blender, liquidiser or food processor to prepare these foods. High powered models give better results. If you have a freezer, it is often easier to prepare several portions at once and freeze these for a later date.

Meals prepared to this food texture can also be purchased as ready meals from specialist companies. Please speak to your Dietitian or Speech and Language Therapist for more advice if needed.

To purée food:

1. Cook meat, fish and vegetables before blending. Always steam or cook fruit and vegetables in minimal fluid to preserve the water soluble vitamins.
2. Remove skin, bones, gristle, tough skins and large seeds.
3. Cut food into small chunks.
4. Add extra nutritious liquids such as gravy, milk, sauce, soup or stock to any dry food before blending.
5. Adjust flavour and colour using gravy browning, stock cubes, tomato purée etc.
6. To purée, blend the food and remove lumps. The food should hold its shape on the spoon and falls off fairly easily if the spoon is tilted.
7. Remove any crust or skin that has formed when cooling.
8. Add a thickener if necessary to keep the texture stable.
Thickeners are available on prescription from your doctor.

Puréed meals can be low in fibre. To prevent constipation, try to include high fibre cereals such as Ready Brek, smooth strained porridge and puréed fruit and vegetables with each meal.

Do not buy baby foods as these do not provide enough nutrition for an adult.

The following pages contain some examples of puréed foods that you may like to try and foods which are not suitable.

If you have any questions regarding these items, please seek professional advice from your Dietitian or Speech and Language Therapist.

Food Group

BREAD, OTHER CEREALS & POTATOES	
Suitable	Not suitable
Ready Brek, (mixed with plenty of milk).	Rice.
Mashed potato (fresh or instant), add moisture.	Rolled oats/oat porridge.
Inside of a baked potato (discard skins).	Pasta, noodles.
Sweet potato or yams.	Other breakfast cereals.
Bread sauce (sieved and smooth).	Bread or toast.
	Jacket potatoes with skins
	Crackers and crispbreads.
	Naan bread.
	Crisps.
	Chapatti.
	Popcorn

Food Group

FRUIT AND VEGETABLES

Suitable

Puréed ripe soft fruits i.e. puréed banana.

Tinned or stewed fruit puréed without seeds or skin i.e. peach, paw paw, mango, apricot, pear, plum.

Apple sauce (smooth).

Thickened fruit juice (strained, no bits).

Puréed avocado.

Puréed, well-cooked broccoli florets, cauliflower florets and carrot.

Puréed aubergine, courgettes, marrow, parsnips, swede, spinach, squash, tomatoes (no skin, seeds or pips).

Creamy vegetable sauces (smooth).

Smooth soup, thickened as needed.

Creamed tomatoes or passata.

Not suitable

Fruit and vegetables with stalks e.g. runner beans, rhubarb.

Leafy vegetables e.g. cabbage, lettuce, spinach.

Celery.

Salad vegetables.

Raw fruit or vegetables.

Fruit and vegetables with pips, seeds, skins or husks e.g. figs, passion fruit, peas, grapes, sweetcorn, pineapple.

Dried fruit.

Konjac.

Fruit and vegetables where juice separates from food in the mouth e.g. melon, courgettes.

Food Group

MEAT, FISH AND ALTERNATIVES

Suitable

Puréed and stewed/ casserole/ curried meat, poultry and fish with extra gravy or sauce (no skin, bones or gristle).

Puréed skinless sausages with gravy.

Puréed corned beef.

Puréed fish mousse or terrine.

Pulses i.e. dahl, baked beans (puréed and sieved).

Houmous.

Smooth soup, thickened as needed.

Not suitable

Dry meat, poultry and fish.

Crackling, bacon, meat skin, fish skin.

Meat pies.

Paté.

Scrambled egg, omelette, poached egg, fried egg.

Nut and nut butters.

Peas and beans if not puréed and sieved.

Seeds.

Soup with pieces of food.

Food Group

MILK AND DAIRY FOODS

Suitable

Full cream milk (thickened to recommended consistency).

Plain full-fat yoghurt, Greek-style yoghurt, smooth custard style fruit yoghurts, sieved fruit yoghurts.

Lassi (thickened to recommended consistency).

Cheese sauce.

Puréed cream cheese.

Savoury soufflé.

Custard.

Not suitable

Fruit or muesli yoghurts (that contain bits).

Hard cheese.

Raita.

Foods marked with * are for individual discussion with you Dietitian or Speech & Language Therapist.

Food Group

FOODS CONTAINING FAT OR SUGAR

Suitable

Blancmange*, jelly*, milk jelly*.

Custard* or chocolate sauce* (no lumps or skin).

Cheesecake topping.

Ground rice pudding, semolina (no lumps or skin).

Crème caramel.

Pasteurised egg custard (no pastry).

Mousses (both sweet and savoury).

Shop-bought, mousse-type desserts e.g. Aero mousse, Cadbury's chocolate mousse.

Not suitable

Biscuits and cakes.

Sweets, toffee, lollies, chocolate, mints, marshmallows.

Pastry.

Crisps.

Crumble.

Chewing gum.

A balanced meal contains food and drink from each of the five food groups. Here is an example of a meal plan. You may find it helpful to write a meal plan for yourself in the space provided.

Breakfast	Example Ready Brek, full fat milk and cream or sugar Liquidised and strained soft fruit with cream and sugar	Your meal plan
Mid-morning	Example Blancmange	
Lunch	Example Liquidised meat with gravy, creamed potato with cream or butter and puréed broccoli tips with butter Chocolate mousse	
Mid-afternoon	Example Smooth yoghurt	
Supper	Example Fish liquidised with sauce (sieved if necessary), creamed potato with cream or butter, puréed swede and carrots Ground rice pudding (no skin/lumps)	
Before bed	Example Cheesecake topping or fruit mousse	

Other safer swallowing recommendations:

Your Speech and Language Therapist is:

Name:

Telephone:

Your Dietitian is:

Name:

Telephone:

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Produced by registered Dietitians and Speech and Language Therapists.

August 2021

Review: August 2024

Oxford University Hospitals NHS Foundation Trust

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