

Patient information

Level 4 Pureed Diet

Speech and Language Therapy

4 PUREED

Your food will need to be cooked until soft and then put through a blender / liquidiser to achieve the right consistency. You will need to sieve the food to remove any lumps / bits.

Following assessment of your swallow, you have been advised to have a Level 4 Puree Diet.

Once correctly prepared, pureed food:

- Does not require chewing.
- Is smooth throughout with no 'bits' or lumps e.g. fibres, bits of skin, husk particles, gristle. You will need to sieve it to achieve this.
- Is moist.
- Should be thick enough to hold its shape on the plate.
- Can be piped, layered or moulded.
- Cannot be drunk from a cup.
- Can be eaten with a fork or spoon.
- Should not have any runny fluids that separate from the food.
- Should not be sticky in the mouth e.g. peanut butter.
- Should not have garnish.
- Should not have any hard pieces, crusts or skins.



Food preparation:

- Cook food until it is soft and then cut into small chunks before blending.
- Remove tough skins or large seeds before blending.
- Blend dry foods e.g. meat with a little extra sauce to prevent them becoming too sticky. Some examples are listed below:
 - Add gravy to meat.
 - Add white sauce/cream to fish.
 - Add baked beans in tomato sauce to eggs.
 - Add custard/cream to cake.

Foods that may not blend well without passing through a sieve:

- Lettuce.
- Raw vegetables.
- Stringy vegetables e.g. celery, string beans.
- Meat containing gristle e.g. sausages.
- Fibrous meats e.g. gammon, pork chops.

Tips for presentation:

- Blend meats and vegetables separately.
- Serve a contrast of colours.
- Consider piping meals into shapes similar to their 'usual' form.

If you have any allergies or specific requirements please consult your dietitian.

Advice to promote swallow safety:

- Ensure you are upright and alert for all meals and drinks.
- Stay upright for at least 30 minutes after every meal or drink.
- Try not to talk whilst eating and drinking.
- Take small mouthfuls of food or drink.
- Avoid distractions during mealtimes.

Examples of pureed food:

Category	Examples
Breakfast	Thick porridge blended until smooth Thick smooth yogurt Pureed stewed fruit with yogurt Pureed banana Pureed scrambled egg Pureed smoked haddock with plenty of butter / cream / milk
Soup	All varieties but no lumps or bits If too thin - thicken with a thickening powder If too thick - water down with full cream milk or stock
Meats	Pureed corned beef hash Pureed cottage pie and pureed potatoes Pureed meat casserole
Fish	Pureed fish in a thick white sauce Pureed fish pie with pureed potato
Vegetarian	Pureed macaroni cheese Pureed cauliflower cheese Pureed lentil casserole Pureed pasta in a thick sauce Pureed bean casserole (ensure that no skins remaining) Pureed vegetable curry
Puddings	Smooth thick yogurt Pureed rice pudding with seedless jam Smooth mousse Ice cream (not suitable for people on thickened fluids) Angel delight Semolina
Fruit and vegetables	Cook fruit and puree, sieving to remove skin, pith and seeds E.g. pureed apple, strawberries, banana Cook vegetables to soft before pureeing E.g. pureed carrot, mushrooms, potatoes, cauliflower, broccoli
Snacks	Hummus (ensure smooth and no chickpea skins) Smooth pureed avocado Pureed tuna and mayonnaise

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Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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International Dysphagia Diet Standardisation Initiative (IDDSI)

<https://iddsi.org/framework/>

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Review date: December 2024

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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