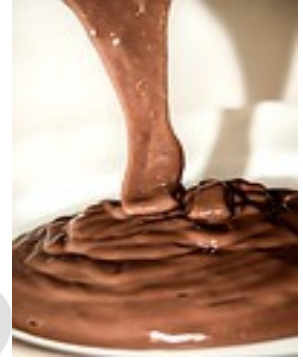


## ***Dysphagia Pureed***

Your Speech-Language Pathologist has recommended that this diet is the safest diet for you at this time. Foods should be blenderized to a smooth puree. Sauces and gravies should be added to create a moist puree. Here are lots of ideas.



### **Meats and Proteins:**

Pureed scrambled eggs  
Pureed meats with gravy  
Pureed baked fish (check for bones)  
Hummus  
Smooth bean dips  
Blended cheeses (cream cheese, Boursin)  
Yogurt (without fruit)  
Pureed soups (any soup blended smooth)  
Pureed casseroles

### **Fruits and Vegetables:**

Pureed vegetables (smooth and without lumps, chunks, seeds, strings)  
Whipped sweet potato, pureed squash  
Mashed potatoes with butter, sour cream, and or gravy  
Pureed fruits (without liquid, pulp, seeds or chunks)  
Applesauce

**AVOID:** raw vegetables and watery vegetables (e.g., summer squash)

### **Grains, Cereals, Breads, Starches:**

Cream of wheat  
Rice cereals  
Grits  
Oatmeal if smooth and not lumpy  
Pureed pancakes with syrup  
Bread products do not puree well, as they become sticky due to the gluten.

### **Desserts:**

Pureed desserts  
Pudding  
Custard  
Crustless cheesecake or lemon meringue pie  
Chocolate mousse  
**AVOID:** Ice cream, frozen ices, sherbert, popsicles if you are on a thickened liquid, as these melt down into a thin liquid.

### **If you are on a thickened liquid:**

Make sure your soup or cream of wheat is thick and smooth to at least a nectar thick or honey thick liquid consistency (depending on your prescribed liquid consistency)

### **Frozen treat for people who need thick liquids:**

Try "Magic Cup Frozen Dessert" if you love ice cream but are on a thickened liquid. This is ice cream that stays thick. This is a Hormel product ([www.homecarenutrition.com](http://www.homecarenutrition.com) or 1-800-491-6876)

National Dysphagia Diet Task Force (2002). National Dysphagia Diet: Standardization for Optimal Care. Chicago, IL: American Dietetic Association.

Weihofen, D., Robbins, J., & Sullivan, P. (2002). *Easy-to-Swallow, Easy-to-Chew Cookbook*. New York: John Wiley & Sons, Inc.