

Pureed Diet

How to puree food

- Choose foods that puree easily
- Remove pits, bones, skins, and other tough or inedible parts
- Cook food until tender
- Cut into small pieces
- Add food and liquid to blender
- Puree food
- Clean equipment

How to thicken liquids

- Place liquid in container
- Follow ratio of liquid to thickener on can (or 1 ½ TBSP to ½ cup liquid if no directions given)
- Mix with whisk or fork
- Let stand at least 1-2 minutes before serving
- Drinks can be prepared in advance and saved for up to 48 hours

Helpful Hints for Pureeing Foods		
Food Group	Examples of Recommended Food Items	Tips
Meat, Fish, Poultry	<ul style="list-style-type: none"> • Pureed cooked meat, fish, poultry 	Use broth or gravy to puree meats
Milk, Cheese, Eggs	<ul style="list-style-type: none"> • Eggs • Yogurt 	Use milk or cream to puree eggs or casseroles
Fruits	<ul style="list-style-type: none"> • Pureed fruit • Applesauce 	Use juice to puree fruit
Vegetables	<ul style="list-style-type: none"> • Smooth mashed potatoes • Pureed cooked vegetables • Refried beans 	
Bread, Cereals, Rice, Pasta	<ul style="list-style-type: none"> • Pureed pasta, bread, rice, pancakes, French toast, biscuits • Pureed cookies, muffins, breads, cakes (no seeds or nuts) • Cooked cereals (no seeds or nuts); oatmeal, grits 	Use gravy, broth or sauce to puree rice or pasta. Can also puree sandwiches, muffins, or other baked goods with cream or milk.