



This advice leaflet gives you ideas on what to eat if you are taking a purée diet

Name _____

Dietitian _____

Contact Phone No _____

MAIN POINTS

- 1 You will need to liquidise and sieve or blend your food
- 2 It needs to be smooth
- 3 You should try to have lots of different foods in your diet
- 4 Some foods won't liquidise well

Introduction

If you are having difficulty with chewing or swallowing your food or coughing while eating or after eating, you may need to purée your food.

It is important that you keep eating lots of different types of food to make sure you get all the vitamins and minerals that your body needs to stay healthy.

This advice leaflet will give you ideas on what to eat to keep your meals a smooth consistency, as well as advice on how to get the most out of your meal times.

Many people find it difficult to keep their weight steady while eating a puréed diet. This booklet will give you ideas on how to make your meals as nourishing as possible, to stop you losing weight and help you gain weight if you need to.

If you have difficulty swallowing fluids, your Speech and Language Therapist should give you advice on whether you need to thicken your fluids or not.

Practical Tips

We all have to eat and for most of us it is an enjoyable experience, often involving family and friends.

Eating a puréed diet will mean a change from your normal routine, but by following these ideas you can still enjoy your food.

- 1 Have a wide range of foods. This will provide you with lots of different nutrients to keep you healthy and also stop you getting bored.
- 2 Make the food look appetising. Purée each food on your plate separately so it keeps its own colour and flavour. Add garnishes to the food e.g. parsley, lemon wedges, or salad. You don't need to eat these.
- 3 Once you have blended hot food, heat it up to its usual temperature in a pan or microwave, as blending will make it cooler. It will also warm up cold foods so if you are making milk shakes etc. so chill the food or drink in the fridge.



- 4 Eat in a quiet relaxed atmosphere and take your time.
- 5 Make sure that you swallow each mouthful before you take the next mouthful. If you feel that some food is still at the back of your throat, swallow again before continuing to eat.
- 6 If you are eating out, let the restaurant know before hand that you need a special diet and what your requirements are. Most places will be happy to cater for you. If you know you take longer to eat then think about ordering a main course and ask for that while everyone else is eating their starter. You may then be ready for dessert at the same time as everyone else.
- 7 If possible, weigh yourself once per week. If you are losing weight or your appetite is poor, please make sure you are following the ideas on page 4.

Your Dietitian will be happy to help you, so please give him or her a ring if you are worried or have any questions about your diet.

Preparing and Serving your food

Equipment you will need

A food processor or liquidiser would be useful. A hand blender can be used for small quantities of food.

A sieve and spoon can be used on some foods such as cooked vegetables or soup.

Presentation

Make your meals look appealing by using foods that are different colours. Foods that are light in colour, such as chicken or fish, should be served with brightly coloured dishes such as tomato dishes or green vegetable dishes.

Thickening Foods

Once you have blended your food, you may need to thicken it. You can use things such as mashed potato, chana or cornflour, custard powder, ground rice, jelly crystals, grated cheese, instant sauce or gravy granules.

If you need to have thickened drinks, your Doctor may be able to prescribe a thickening agent e.g. "Thick and Easy", "Nutilis" or "Thicken Up" and you would pick this up from your chemist.

Flavours

Herbs, spices, or lemon juice can help improve the flavour of foods.

Tips

You may find it easier to prepare food in bulk then store in your freezer. Make sure that the food is defrosted thoroughly at room temperature before reheating.



Balanced Diet

You should try to have foods from each different food group everyday

Protein Foods

Try to have one of these twice per day

- Lentils, Dahls
- Scrambled egg
- Cheese in sauce

Starchy foods - Have a food from this group at least 3 times per day

- Mashed potato, Kitcherie
- Ground rice pudding
- Boiled rice mixed with curry and liquidised
- Ready Brek or Weetabix with hot milk

Vegetables

Vegetables which will cook until soft and can be liquidised

e.g. onions, okra, aubergine, gindola, spinach and English vegetables such as carrots and turnips

Fruit

Try to have 2 portions per day

Fruit which can be stewed and liquidised e.g. mango, apple and rhubarb

Or fruit which can be liquidised in a drink e.g. banana milkshake or strawberry milkshake.

You may need to sieve out the strawberry seeds.

Fatty foods

Add these foods if you need to gain weight e.g. butter, margarine, ghee or grated cheese

Dairy Products

Try to have the equivalent of at least 1 pint of milk per day

1 yogurt = 1/3 pint (smooth yogurt)

30g/1oz cheese = 1/3 pint

Use full cream varieties

Wherever possible make kheer, sago, custard, or ground rice, with full cream milk

Miscellaneous

Melted chocolate, mousses

Foods to avoid

Most foods will be fine to use once they have been put through a liquidiser.

However the following is a list of foods that do not purée well.

- 1 Chappattis, rice, naan, bread
- 2 Peas, beans, kidney beans, sweetcorn
These will all need to be sieved after puréeing as the skins can cause problems
- 3 Very dry foods e.g. cheese, meat without sauce or gravy, pakoras, samosas
- 4 Indian sweets

Try to make sure you have savoury rice, kitcherie, rice pudding, mashed or bombay potato. Boiled rice can be puréed along with the curry. It should be cooked until it is soft.



Problems you may have

Poor appetite/weight loss

If you have a small appetite or find that you are losing weight you should make your foods more nourishing. There are some ideas below on how to do this.

Practical hints

- 1 Try to have small meals/snacks often i.e. 6-8 per day.
- 2 If you are not able to manage a full meal, try a milkshake, soup or pudding instead that you have added things to e.g. "Build Up" or "Complan" (available from the chemist or supermarket). Make use of convenience foods, which require very little preparation. (See store cupboard ideas).
- 3 Take drinks after your meal, as these can be quite filling.
- 4 Ask your Dietitian if it would be possible to get nourishing drinks, such as Clinuten/Fortisip/Ensure from your GP on prescription.
- 5 Extra nourishment can be added to your food in different ways. For example:
 - a. Use full cream milk and yogurt to make lassi
 - b. Add 4 tablespoons of milk powder (e.g. Marvel or Five Pints) to 1 pint of full cream milk. Use this in hot drinks, puddings, mashed potato and sauces.
 - c. Add grated cheese to vegetables, potato, soups and sauces.
 - d. Add extra butter/margarine/ghee to curries, potatoes vegetables and pasta.

- e. Use double cream in soups, curries, sauces, puddings e.g. sero and potatoes.
- d. Add extra sugar, syrup, jam or honey into puddings, drinks or cereals.
- e. Add grated cheese to vegetables, potato, soups and sauces.

- 6 If you continue to lose weight then please ring your Dietitian for some more advice.

Note: Remember to thicken all drinks and foods if necessary.

SUGGESTED MEAL PLAN

Breakfast

Weetabix or Ready Brek made with full cream milk and sugar

Mid-morning

Indian Tea

Mid-day Meal

Liquidised curry with ghee
Mashed potatoes/Bombay potatoes (liquidised)
Sero, Shrekhand without fruit

Mid-afternoon

Ice Cream and liquidised Stewed Fruit

Evening Meal

Liquidised curry and rice with added ghee
Sero, Shrekhand without fruit

Bedtime

Smooth Yogurt/custard/ fromage frais with extra milk or milky drink

Special Needs/Supplements

On the next pages there are some recipe ideas



Main Meals

Cauliflower Cheese Serves 4

500g (1lb) cauliflower
 1½ dessert spoons (1½ x 10ml sp) cornflour
 450ml (¾ pt) milk
 120g (4oz) grated cheese
 30g (1oz) butter
 Salt and pepper to taste

- 1 Remove leaves from cauliflower. Divide into florets and boil in salted water until tender.
- 2 Mix the cornflour with a little of the milk in a large jug. Pour the remainder of the milk into a saucepan.
- 3 Boil the milk, remove from the heat and pour, stirring all the time, into the blended cornflour.
- 4 Return the milk and cornflour to the pan and simmer for 3-4 minutes, stirring continuously, until thickened.
- 5 Remove from heat and stir in the cheese and butter.
- 6 Drain the water from the cauliflower. Place the florets and cheese in the liquidiser until smooth.
- 7 Divide into 4 servings.
- 8 Serve 1 portion and freeze the remaining portions, when cooled, for use later.

Pasta Cheese Serves 1

Small tin (210g/7oz) pasta in cheese sauce e.g. macaroni, 1 dessert spoons (1x 10ml sp) cornflour

- 1 Place contents of the tin into the liquidiser with cornflour.
- 2 Liquidise until completely smooth then heat gently in a saucepan until thickened, stirring constantly, and serve.

You may require slightly more or less cornflour depending upon the make of Pasta Cheese.

Chick Peas with Tomatoes

400g (1 tin) of chick peas
 1 chopped onion
 2 large tomatoes (chopped)
 Curry powder and seasoning to taste
 4 tablespoons vegetable oil

- 1 Drain the chick peas and wash in cold water
- 2 Heat the oil and fry onion until brown
- 3 Add the chopped tomatoes, curry powder and salt and fry until the mixture is well blended
- 4 Add the chick peas and cook for 10-15 minutes
- 5 Add water as necessary
- 6 Liquidise with boiled rice and serve with yogurt



Fish in Sauce Serves 2

*90g (3oz) poached fish, without bones
 *150–210ml (5–7fl oz) ordinary savoury sauce, e.g. standard white or cheese sauce
 60g (2oz) mashed potato

*Suitable alternative – frozen fish in sauce

- 1 Liquidise together. Divide into 2 equal portions. Add the mashed potato to one portion and serve.
- 2 Freeze the remaining portion for use later.

Puréed Vegetables Serves 1

60g (2oz) vegetables, e.g. aubergine, kale, carrots, swede, green beans, (frozen/fresh), cooked
 30-60g (1-2oz) boiled rice, mashed potato or made-up instant potato

- 1 Take cooked vegetables and liquidise with a little stock or water, if necessary, until smooth paste like consistency is reached.
- 2 Sieve if necessary (e.g. if there are any seeds left) and add rice or potato to liquidiser and continue to liquidise until soft.

Note: Peas, sweetcorn and beans e.g. broad, butter, red kidney, must be sieved after liquidising as skins can make the food difficult to swallow.

Soups

Spicy Tomato Soup

Fry some chopped onion in a little oil with garlic paste, salt chilli powder and $\frac{1}{2}$ teaspoon of sugar. Add either tinned tomato soup or a tin of chopped tomatoes with desired amount of water and boil vigorously to reduce. Mash the tomatoes and liquidise before serving. Add cream if you need the energy.

Potato & Tomato Soup Serves 1

60g (2oz) made up instant potato
 60ml (2 fl oz) cream of tomato soup
 Knob of butter, Salt and pepper to taste

- 1 Make up the instant potato following the instructions on the packet.
- 2 Blend by hand or in a liquidiser until smooth.
- 3 Heat the soup and butter in a saucepan until it begins to boil. Remove from heat.
- 4 Mix potato and soup together to a smooth consistency. Add salt and pepper to taste and serve.

Note: Any remaining cream of tomato soup from the tin can be frozen in 60ml (2 fl oz) portions for use later, if desired.

Tinned Soup Serves 1

120ml (4fl oz) of your favourite tinned soup
 15g ($\frac{1}{2}$ oz) channa or cornflour

- 1 Liquidise soup and sieve to remove any lumps
- 2 Blend cornflour in a little water until smooth and stir into the soup. Heat through until thickened, stirring constantly and serve.

Note: Any remaining cream of tomato soup from the tin can be frozen in portions for use later, if desired.

Drinks and Accompaniments

Spiced Yogurt

Heat 1 teaspoon oil and add jeera, green chilli, salt and coriander leaves. Remove from heat and add to 150g (5oz) carton of whipped natural yogurt.



Lassi Serves 1

Mix together 1/2 glass yogurt 1/2 water or milk.

For savoury lassi add salt and a pinch of cumin or coriander powder.

For sweet add sugar to taste and serve.

Desserts

Rice Pudding

Add spices such as cardamom or nutmeg to tinned rice pudding and liquidise.

Vermicelli

Can be cooked with milk and small amounts of ghee and sugar with spices to taste and liquidise.

Stewed Fruit

e.g. Stew apples/mango and liquidise.
Serve with custard, cream or ice cream.

Apple Dessert 1-2 Servings

200ml (1/2 pt) apple purée
2 tsps (2 x 5ml sp) caster sugar
2 rounded tsps (2 x 5ml sp) cornflour, mixed in a little water to a paste

- 1 Heat purée until just bubbling, add sugar and cornflour and stir rapidly until thickened.
Serve hot or cold.

Banana Whip Serves 2

2 bananas
2 tblsps (2x 15ml sp) natural yogurt
60g (2oz) cottage cheese
1 tsp (1 x 5ml sp) honey
1 tsp (1 x 5ml sp) lemon juice

- 1 Peel and roughly chop the bananas.
- 2 Place the bananas, yogurt, cottage cheese, honey and lemon juice in the liquidiser.
Liquidise until smooth.

- 3 Divide into 2 servings, serve one and refrigerate the second serving for up to 24 hours. **Do not freeze**

Note: Try fromage frais in place of the yogurt.
Sweeten to taste with sugar.

Apricot Dessert Serves 1-2

454g tin of apricots in syrup
3 rounded tsps (3x 5ml sp) cornflour, mixed in a little water to a paste

- 1 Drain the syrup from the fruit.
- 2 Liquidise the fruit with 60ml (2fl oz) of the fruit syrup and sieve, if necessary, to make a smooth purée.
- 3 Heat the apricot purée until just bubbling, add cornflour and stir rapidly until thickened.
Serve hot or cold.

Note: You can use other tinned fruit, such as peaches or pears in this recipe.

Tinned Milk Pudding Serves 2-3

N.B. Tinned semolina milk pudding may be eaten cold without thickening or liquidising.

210g (7oz) tinned milk pudding (e.g. rice, tapioca, sago, macaroni)
1 dsp (1 x 10ml sp) cornflour
1 dsp (1 x 10ml sp) Original or flavoured Complan powder

- 1 Liquidise the milk pudding with the cornflour and the Complan powder.
- 2 Gently heat in a saucepan until thickened, stirring constantly.
- 3 Divide into 2-3 equal portions.
Freeze remaining portions for use later.

Note: You may need slightly more or slightly less cornflour depending on the make of the milk pudding.

