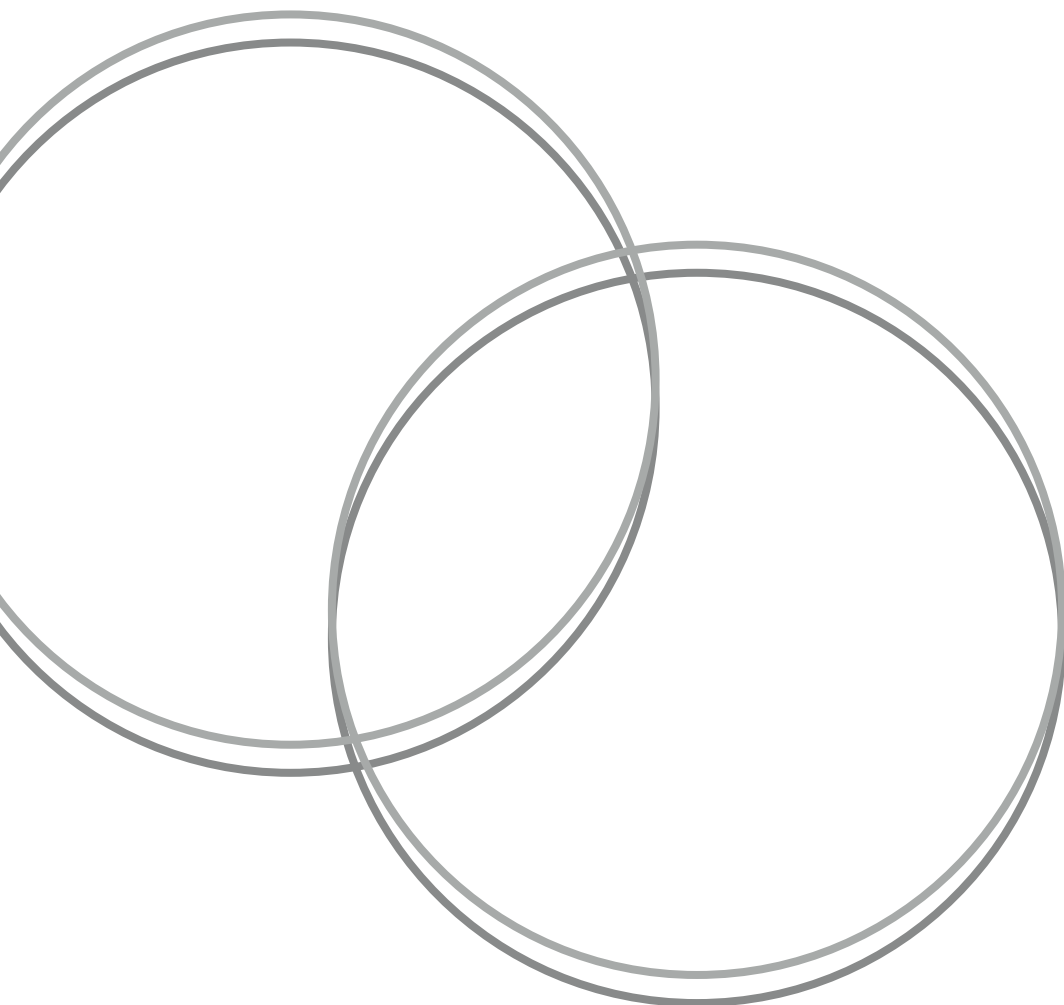


Modified Texture: Level 4 Puréed foods

Information for patients



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/standards/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.

Foods marked with * are for individual discussion with your Dietitian or Speech and Language Therapist.

Food group

| BREAD, OTHER CEREALS AND 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) | Other breakfast cereals |
| Sweet potato or yams | Pasta, noodles |
| Bread sauce (sieved and smooth) | Bread or toast |
| | Jacket potatoes with skins |
| | Crackers and crispbreads |
| | Crisps |
| | Chapatti |
| | Popcorn |
| | Naan bread |

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, pawpaw, 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/casseroled /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>i.e.</i> dahl, baked beans (puréed and sieved) Hummus 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 Milk/Plant-Based Alternative (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 |

Food group

FOODS CONTAINING FAT OR SUGAR

Suitable

Blancmange*, jelly*, milk jelly*

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

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

Suggested meal ideas

Breakfast

- Weetabix soaked in milk (excess drained)
- Hard-boiled egg pureed with mayonnaise
- Puree fruit and set yoghurt
- Ready Brek
- Fruit smoothie
- Avocado pureed with yoghurt or mayonnaise

Main meal

- Pureed fish in white sauce with pureed carrots, creamed potato
- Pureed meat in gravy with pureed broccoli and instant mashed potato
- Pureed meat in curry sauce
- Pureed sausages with mashed potato and vegetables
- Cauliflower and broccoli bake
- Smooth thick soups
- Pureed cheese and potato pie
- Pureed lentil curry

Dessert/puddings/snacks

- Mousses and instant whips
- Pureed milk pudding e.g. Rice Pudding, Tapioca, Semolina, Shrikhand (smooth only, no nuts)
- Panacotta/Blancmange
- Thick custard or set yoghurt
- Pureed banana, peaches, nectarines, melon, apricots and pears
- Stewed apple, pears and pureed rhubarb

If you are losing weight or want to increase your weight

1. Fortify your meals as below:

- Milk – Add four tablespoons of powdered milk to one pint of full cream milk. Use in drinks, cereal, puddings, sauces and custard
- Fats – Add butter, rapeseed or Extra Virgin Olive Oil to vegetables, potatoes or pastas. Add mayonnaise or salad cream to potatoes, eggs, cheese and fish
- Soft cheese – Add to soups, scrambled eggs and mashed potatoes
- Jam/honey/sugar – Add to porridge, puddings, yoghurts etc

2. Try to have two nourishing snacks a day, in between mealtimes.

3. Try to have two nourishing drinks a day, e.g., a milky hot chocolate /Malted drink/milkshake. Ensure their level of consistency is in line with your Speech and Language Therapist's advice.

How can I tell if I am losing weight?

Weigh yourself once a week to monitor if you're losing weight. If you're unable to weigh yourself, you may notice weight loss if your clothes or jewellery start to feel looser. A modified diet should not lead to weight loss. If you're concerned that you're not meeting your nutritional requirements or are losing weight, please reach out to your GP or dietitian for further guidance.

Other safer swallowing recommendations:

Your Speech and Language Therapist is:

Name:

Telephone:

Your Dietitian is:

Name:

Telephone:

Notes

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.

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