

## Pureed Consistency Diet

### Pureed Diet

Pureed diet foods are “pudding-like” foods that are smooth and moist. The foods are easy to swallow, do not need to be chewed, and is easy for you to control in your mouth. There should be no lumps, no chunks, no seeds, and no pulp. Foods should not be coarse, dry, crunchy, sticky, runny, or chewy.

### Why the Pureed Diet is Safer for Me

Your doctor wants you to follow this diet because you have dysphagia or other health problem that makes it hard for you to swallow. This can happen for many reasons, but often is caused by a stroke, injury, or disease. The pureed diet will help you practice swallowing so you can move on to the next level of the dysphagia diets.

### Foods That are Safe to Eat

Foods on the dysphagia pureed menu are “real food,” but the texture has been made very smooth.

Food Groups	Safe Foods	Foods to Avoid
<b>Milk Products</b>	<ul style="list-style-type: none"><li>• Smooth yogurt</li><li>• Smooth cottage cheese</li><li>• <b>Tip:</b> Use a blender to make smooth</li></ul>	Yogurts with fruit chunks; firm cheeses
<b>Meat and Protein</b>	<ul style="list-style-type: none"><li>• Pureed meats, poultry, or fish mixed with milk broth or gravy</li><li>• Smooth hummus</li><li>• Smooth casseroles</li><li>• Smooth soufflés</li><li>• Softened tofu</li><li>• Braunschweiger</li><li>• <b>Tip:</b> Use a blender with some added liquid to make smooth</li></ul>	Eggs, peanut butter, junior baby foods, nuts
<b>Vegetables</b>	<ul style="list-style-type: none"><li>• Pureed cooked vegetables</li><li>• Strained baby food vegetables</li><li>• Mashed potatoes with gravy</li><li>• Tomato paste or sauce</li></ul>	Raw vegetables, junior baby foods, runny purees
<b>Fruits</b>	<ul style="list-style-type: none"><li>• Pureed fruits</li><li>• Strained baby fruits</li><li>• Smooth applesauce</li><li>• Well-mashed fresh bananas</li></ul>	Raw fruits, canned whole fruits, dried fruits

Food Groups	Safe Foods	Foods to Avoid
<b>Breads, Cereals, Starches</b>	<ul style="list-style-type: none"> <li>• Hot cereals with “pudding-like texture” (cream of wheat, cream of rice, malt-o-meal; should not be runny)</li> <li>• Smooth oatmeal</li> </ul>	Breads, rolls, buns, biscuits, muffins, crackers, dry cereal, pancakes, French toast, pasta, rice, old fashioned oats
<b>Soup</b>	<ul style="list-style-type: none"> <li>• Smooth, pureed, and strained soups and served at the right thickness.</li> <li>• <b>Tip:</b> Soups may need to be thickened</li> </ul>	
<b>Desserts</b>	<ul style="list-style-type: none"> <li>• Smooth puddings</li> <li>• Smooth custards</li> <li>• Smooth soufflés</li> <li>• Magic Cup</li> </ul>	Cookies, cakes, pies, textured pudding
<b>Drinks</b>	<ul style="list-style-type: none"> <li>• Smooth drinks served at the right thickness</li> <li>• <b>Tip:</b> Drinks may need to be thickened</li> </ul>	
<b>Other</b>	<ul style="list-style-type: none"> <li>• Butter or margarine</li> <li>• Strained gravies and smooth sauces</li> <li>• Sour cream</li> <li>• Whipped topping</li> <li>• Salt, pepper, herbs, spices</li> <li>• Ketchup, barbeque sauce, mustard</li> <li>• Honey, smooth jellies, and syrup</li> <li>• Sugar and artificial sweetener</li> </ul>	Cream cheese, candy, sticky foods, horseradish, chili sauce

If you have more questions please contact UW Health at one of the phone number listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition)

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: **(608) 890-5500.**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#458