
What is a pureed diet?

A pureed diet has foods that are blended or pureed. It includes foods that are blended to the same texture as pudding, applesauce or oatmeal. Your child cannot eat foods if they must be chewed.

Why does my child need it?

Children who have trouble chewing or swallowing often need a pureed diet. It can help:

- Decrease the risk of food going into your child's windpipe (trachea). This helps to prevent your child from choking.
- Your child eat more easily and safely since they are not able to chew foods well.

How do I prepare pureed foods?

To prepare pureed foods for your child:

- Wash your hands well with soap and water for at least 20 seconds.
- Gather your supplies. This may include a:
 - Food processor
 - Spoon or fork
 - Plate or bowl
- Gather cooked foods to puree. Avoid fresh fruits, fresh vegetables and tough meats.
- Gather liquids, such as cream or clear soups, sour cream, fruit or vegetable juice, broth, cream, milk and smooth yogurt.
- Put small pieces of cooked food in a blender.
- Add about one-quarter cup (1/4 cup or 2 ounces) of liquid for each one-half cup (1/2 cup or 4 ounces) of food.
- Blend until all lumps are gone and the food is smooth.
- If the pureed food is too thin, add flour, cream, sour cream or yogurt to thicken it.

What foods and drinks can my child have?

Some foods that your child may and may not be allowed to eat are listed in the chart on pages 2 and 3. Your child's feeding therapist or doctor can give you specific information about your child's special needs.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Pureed diet, continued

Food group	Foods allowed	Foods not allowed
Milk and other drinks	If your child may have liquids, they must be the thickness advised by your feeding therapist or doctor – thin, nectar or honey. Your child’s feeding therapist or doctor can advise you.	As advised by your child’s feeding therapist or doctor
Meats and meat substitutes	<ul style="list-style-type: none"> • Pureed meat • Pureed eggs 	<ul style="list-style-type: none"> • Whole or ground meats, fish or poultry • Peanut butter • Fried, scrambled or soft eggs • Hot dogs • Bacon
Breads and cereals	<ul style="list-style-type: none"> • All hot cereals, such as oatmeal, Cream of Wheat and grits • Pureed pancakes or French toast • Rice cereal 	<ul style="list-style-type: none"> • Bread • Bagels • English muffins • Pizza • Breadsticks • French bread • All dry cereals • Crackers
Starches and potatoes	<ul style="list-style-type: none"> • Pureed pasta • Pureed casseroles • Mashed potatoes • Whipped potatoes 	<ul style="list-style-type: none"> • Rice • Granola • Non-pureed pastas or potatoes
Fruits	<ul style="list-style-type: none"> • Pureed fruit without seeds or skin • Applesauce 	<ul style="list-style-type: none"> • Whole fruits – fresh, frozen, canned or dried • Raisins
Vegetables	<ul style="list-style-type: none"> • Pureed vegetables without chunks, lumps, pulp or seeds • Hummus spread • Tomato paste or thick tomato sauce without seeds or chunks 	<ul style="list-style-type: none"> • Raw vegetables • Cooked vegetables • Salad • Thin or watery tomato sauce

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Pureed diet, continued

Food group	Foods allowed	Foods not allowed
Soups	<ul style="list-style-type: none">• All cream or broth-based soups that have been pureed in a blender or strained. Liquids must be the thickness advised by your feeding therapist or doctor – thin, nectar or honey	<ul style="list-style-type: none">• Soups that have chunks or lumps
Desserts	<ul style="list-style-type: none">• Pudding (banana, vanilla or chocolate)• Custard• Smooth yogurt• Soufflé	<ul style="list-style-type: none">• Jell-O• Cookies• Cakes• Bread or rice pudding• Candy• Chewing gum• Yogurt with chunks of fruit

What else do I need to know?

- Use gravies or sauces to add flavor and increase moisture of foods.
- Melt solid fats and cheeses first so they blend well with foods. Add oil, salad dressing and cream directly to the pureed food.
- Thicken all liquids as advised by your child’s feeding therapist or doctor.
- Follow all other advice given by your child’s feeding therapist or doctor.

Who should I call if I have questions about my child’s diet?

Call your child’s feeding therapist or doctor if you have any questions.

This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.

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