

# Tips for Pureed Foods



## Characteristics

- Are usually eaten with a spoon
- Do not require chewing
- Have a smooth texture with no lumps
- Hold their shape on a spoon
- Fall off a spoon in a single spoonful when tilted
- Are NOT sticky
- Liquids, such as sauces, do not separate from solids



## Recommended Equipment



### Immersion Blender

For larger quantities an immersion stick type blender works best.



### Countertop Blender

For medium or small quantities a countertop blender works best.



### Mini Food Processor

For very small quantities a mini food processor works best.

## How To Know If the Food is the Right Texture?

### Do the Spoon and Fork Tests

#### Spoon Test

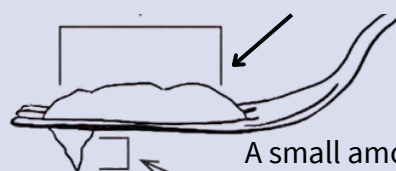
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked.

Sample should **not** be firm or sticky.



#### Fork Test

Extremely thick liquids sit in a mound or pile above the fork.



A small amount may flow through and form a tail below the fork.

Liquid does **not** dollop, or drip continuously through the fork prongs.

## Foods to Avoid That Pose a Choking Hazard

Mixed thin and thick textures	→ Soup with pieces in it, cereal with milk
Hard or dry food	→ Nuts, dry cereal, bread, raw vegetables, bones
Tough or fibrous foods	→ Steak, pineapple
Chewy foods	→ Cheese, dried fruit, marshmallows
Crisp or crunchy foods	→ Crisp bacon, corn flakes, chips
Crumbly bits	→ Dry cake or biscuits
Seeds	→ Pumpkin seeds, white parts of orange
Foods with skins	→ Peas, grapes, sausage skin, salmon skin
Foods with husks	→ Corn, shredded wheat, or bran
Round long shaped foods	→ Grapes or sausage
Sticky or gummy foods	→ Nut butter, overcooked oatmeal, gelatin
Stringy foods	→ Bean, rhubarb
Floppy foods	→ Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking	→ Crust or skin that forms on food during cooking, for example cheese topping or roasting
Juicy foods	→ Where juice separates from the foods in the mouth as in watermelon
Large or hard lumps of food	→ Casserole pieces larger than 4mmx4mmx15mm; fruit, vegetable, meat or other food pieces larger than 4mmx4mmx15mm

This guide conforms to the dietary standards for Level 4 Pureed according to the International Dysphagia Diet Standardization Initiative. These are not official IDDSI resource and are not meant to replace materials and resources on [www.iddsi.org](http://www.iddsi.org).

# Creamy Tomato Bisque

## For Pureed Diets

**35 - 1 cup servings**

### Ingredients

- 1 Qts. Water
- 3 Qts. Diced Tomatoes
- 2 Qts. Great Norther Beans, possibly more to thicken
- 2 tsp. Black Pepper
- 2 Qts. Cream
- 3 cups Onions, diced
- 6 ½ cups Celery, diced
- 3 Tbs Garlic, chopped
- 2 Tbs Thyme, ground
- ½ cup Butter
- ¼ cup Vegetable Oil

### Directions

- 1 Heat butter and oil and saute onions and celery until soft. Stir in thyme.
- 2 Add water and bring to a simmer.
- 3 Add tomatoes and bring back to a simmer.
- 4 Stir in beans and cook for 10 minutes. Puree with an immersion blender if doing a large quantity or a Vita-mix blender if doing a small quantity.
- 5 Stir in pepper. Test for thickness, it should not be soupy. It should stand up on a spoon and not drip through a fork. Add more beans and puree again if it needs to be thicker.

#### **NOTE:**

This recipe can be made as a soup by using 2 quarts of water instead of 1. In which case, it will make 50 - 1 cup servings of soup.

★ See Tip Sheet for Pureed Foods. Do Spoon and Fork Tests.

# Mediterranean Chickpea & Roasted Vegetables

For Pureed Diets

4 - 1½ cup Servings

## Ingredients

- 2 cups Chickpeas, canned or homemade
- 1 Zucchini, diced
- 1 Red Bell Pepper, diced
- 2 Tbs. Olive Oil
- ½ tsp. Smoked Paprika
- 1 cup Vegetable broth
- Salt and pepper to taste

## Directions

- 1 Toss zucchini and red pepper with olive oil and roast at 400 degrees for 15 minutes until tender.
- 2 Add roasted vegetables, chickpeas, smoked paprika, and broth to a blender.
- 3 Blend until smooth, adjust liquid as needed for texture. Add more chickpeas to thicken or broth to thin if needed.

### **NOTE:**

Make sure that there are no skins left behind after puree is done. If there are, you must strain the puree through a sieve.

- ★ See Tip Sheet for Pureed Foods. Do Spoon and Fork Tests.

