

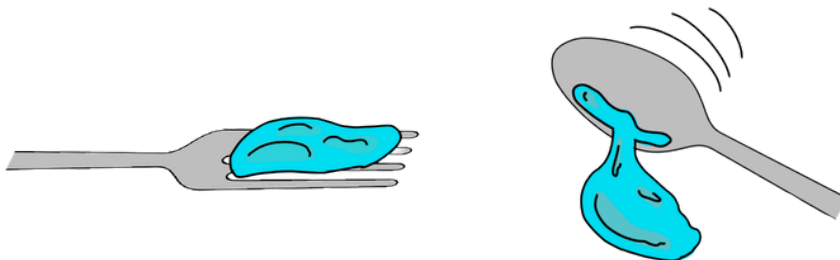
# Level 4: Pureed Diet

## Why is Pureed diet recommended?

- No chewing is required
- Poor tongue strength and control to move food for swallowing
- Reduced strength of throat muscles to push food into food pipe
- Minimise choking risk

## What is a Pureed diet?

- Food has a smooth texture with no lumps and separate fluids
- Food does not require any chewing
- Food holds its shapes on a spoon or fork (not runny)
- Food holds its shape on the spoon and falls off fairly easily when tilted or slightly flicked (not sticky)



## Examples of Pureed Diet from Woodlands Health



Ikan Masak Merah



Broccoli and Cauliflower

## **Tips to prepare the appropriate texture**

- Cook food until tender.
- Remove any bones, seeds, skins, fibrous or inedible parts.
- Cut food into small pieces and place into a blender.
- Add small amounts of water or soup as needed and blend.
- If the pureed diet is too watery, add thickener, cooked potato or rice.
- If the pureed diet is too sticky, add some sesame oil.

### **Meat/Protein**

- Cook meat or protein (e.g., eggs, chicken, fish, tofu) until tender.
- Blend with gravy or sauce.
- Mix sesame oil to avoid food from sticking onto spoon before serving.

### **Vegetables**

- Remove any hard, fibrous parts or seeds.
- Cook until tender and blend.

### **Starch**

- Cook starch (e.g., porridge) with fish / meat / tofu / prawns / egg / vegetables
- Remove fibrous parts of the vegetables before blending.

### **Fruit**

- Choose soft and non-fibrous fruits (e.g., banana, papaya, mango).
- Blend with milk / yoghurt / custard.
- Ensure that there are no lumps, seeds or pulp.

### **Desserts**

- Choose desserts that are smooth, lump free and not sticky (e.g., yogurt, sesame paste, mango puree).
- Blend with milk/yoghurt/custard if required.

## Examples of Pureed Diet based on cuisine

Cuisine	Examples
Chinese	<ul style="list-style-type: none"><li>• Blended chicken or fish congee</li><li>• Blended carrot cake / yam / pumpkin cake</li><li>• Blended broccoli / cauliflower</li><li>• Blended chee cheong fun</li></ul>
Indian	<ul style="list-style-type: none"><li>• Blended thosai and idly with chutney/korma</li><li>• Blended masala potato mixed with gravy</li><li>• Blended palak mixed with oil</li><li>• Ponggal without nuts</li></ul>
Malay	<ul style="list-style-type: none"><li>• Blended bubur lambuk</li><li>• Blended mee rebus with gravy</li><li>• Blended otak otak with porridge</li><li>• Blended lontong with lauk lemak</li></ul>
Western	<ul style="list-style-type: none"><li>• Blended mushroom soup / clam chowder</li><li>• Blended broccoli / cauliflower / pumpkin soup with potato</li><li>• Blended potatoes with gravy</li><li>• Blended baked beans</li><li>• Blended pasta with sauce</li><li>• Hummus</li></ul>
Desserts	<ul style="list-style-type: none"><li>• Nut pastes (e.g. sesame paste, almond paste)</li><li>• Blended poached pear / apple / peach</li><li>• Pureed fruits (e.g. papaya / banana / mango)</li><li>• Yogurt</li><li>• Sponge cake soaked in flavoured drinks and mashed or blended</li></ul>

## Feeding Practices

### Safe feeding strategies

- Ensure that patient is upright and alert, do not feed lying down.
- Drain or thicken soup if required.
- Do not serve liquids and solids in the same mouthful.
- Feed at a slow rate.
- Give rest if any shortness of breath is observed.
- Feed the next spoon only after the previous spoonful has been swallowed.
- Check for food remaining in the mouth and remove them after meals.
- Provide fluids to clear food residue if recommended by Speech Therapist.

### Signs to look out for when feeding

- Coughing when eating/drinking
- Throat clearing when eating/drinking
- Gurgly voice
- Increase in breathing rate



### What to do when you notice the above

- Stop feeding and allow rest for 10 minutes.
- Try feeding again.
- If signs are still present, call the hospital hotline to make an appointment with the Speech Therapist.
- Note: If persistent cough and phlegm is noted, please consult a doctor.



### How to encourage intake

- Prepare meals using food the rest of the household is already eating to save time and money. This makes the food taste more familiar.
- Use different coloured food to make the meal look more appetizing.
- Keep blended side dishes separate to increase its appeal.
- Serve on attractive plates/bowls.
- Serve food on plates that have contrast to improve visibility (e.g., serve porridge in a coloured bowl).

- Make a thickened sauce (e.g., garlic mushroom sauce, teriyaki sauce, pureed garlic / ginger with oil, sesame sauce, peanut sauce, miso sauce, thickened barbecue sauce, vinaigrette) to add to dishes.
- Add pureed vegetables to enhance the flavour of pureed porridge (e.g., pureed tomato, pureed pumpkin).
- Use small cups, serving spoons, piping bags or cutters to plate the food. Using a plastic wrap with the spoons or cups can prevent the pureed food from sticking and make them easier to plate.



## My Healthy Plate



Image taken from [www.healthhub.sg](http://www.healthhub.sg)

1. Fill  $\frac{1}{2}$  your plate with fruit and/or vegetables,  $\frac{1}{4}$  with meat and others, and  $\frac{1}{4}$  with rice and other grains/starches.
  2. Include food from all food groups in your meal to ensure you get all the nutrients your body needs.
- Grains and starches provide energy and vitamin B.
    - Examples include brown rice, noodles, wholemeal bread
  - Meat is an important source of protein which helps maintain and prevent the loss of muscle mass and function. Protein also prevents pressure sores and promotes wound healing.
    - Examples include: Fish, chicken, mutton, beef, pork, eggs, milk, soy products, beans and lentils
  - Vegetables and fruits are rich in fibre, vitamins and minerals.

If you or your loved one is losing weight, have any questions on nutrition, or are experiencing difficulties with swallowing, please do not hesitate to contact us at 6363 3000 or [enquiry@wh.com.sg](mailto:enquiry@wh.com.sg).

Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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