



## Pureed Diet

### Why do I need a pureed diet?

People who have trouble chewing due dentures not fitting properly, missing teeth, surgical procedures, trauma, or exhaustion need a pureed diet. People who have difficulty in swallowing (dysphagia) may need a pureed diet. A pureed helps you swallow safely and maintain your nutrition and health.

### What is a pureed diet?

In a pureed diet, all foods are smooth, have no lumps, are moist and should hold its shape on a spoon. The food should not require any chewing at all. Some common foods that are allowed on a pureed diet are plain yogurt, applesauce and other fruit sauce without skin or seeds, pudding and custard. However, these choices alone do not provide the nutrition you need to get better or maintain your health. A balanced diet with sufficient energy and protein is the only way to ensure you get enough nutrition. A Registered Dietitian can help you to create a meal plan based on your individual needs.

### How can I prepare pureed foods?

Pureed food is prepared by blending. You will need a blender, or food processor. Puree foods once they are cooked and slightly cooled. You will need to add liquids to most foods you puree such as milk, broth, juice or gravy. Liquids add flavor and make sure the puree is smooth.

### Can I buy pureed foods?

Yes, you can buy pureed foods from meal delivery services that specialize in modified diet textures (such as pureed, soft and bite sized, minced etc.), who can create meal plans for you based on your needs and preferences. Therapeutic Meals is one such company. You can contact them online at [www.therapeuticmeals.com](http://www.therapeuticmeals.com), or call them at 250 415 5444 (Victoria, British Columbia).