

PUREED DIET

Description

The diet is soft in texture and mechanically nonirritating. Foods prepared on the Pureed Diet follow the standards of the Morrison Healthcare *Classic Puree* program/Morrison Senior Dining *Simply Puree* program. Select foods are allowed in their natural state provided they do not require additional mastication (i.e. cottage cheese, scrambled eggs, etc.).

Indications

The Pureed Diet is used for patients who have problems chewing and swallowing and patients who have esophageal inflammation or varices.

Nutritional Adequacy

The diet can be planned to meet the Dietary Reference Intakes as outlined in Section IA: Statement on Nutritional Adequacy.

How to Order the Diet

Order as "Pureed Diet."

Planning the Diet

FOOD GUIDE – PUREED DIET

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Beverages and Milk	All smooth, as desired	Beverages with seeds, lumps, or pulp
Cereals and Grains	All farina-type cooked cereals; oatmeal Pregelged or slurried through the entire thickness: doughnuts, pancakes, waffles, French toast, and bread Pasta, rice, and dressing that are pureed to smooth consistency Regular soft bread if resident's swallowing ability permits	Coarse cooked cereal; dry cereals; cereals with seeds or nuts All other breads Crackers
Vegetables and Potatoes/Soups	Pureed or strained vegetables without chunks or seeds; mashed white potatoes All smooth cream soups or broth-type soups with pureed or strained ingredients	Regular cooked or raw vegetables Potato skins and chips Fried or french-fried potatoes or vegetables Regular soups with rice, corn, peas, or large chunks of meat and vegetables
Fruits and Juices	Applesauce, pureed fruits, well-mashed bananas, fruit juices	Regular canned, fresh, or frozen fruits; fruit juice with pulp
Meats, Meat Substitutes, Entrees	Pureed or strained meats, poultry, or fish Soufflés that are smooth and homogenous Cottage cheese Scrambled egg Cheese sauce	Regular or chopped meats or casseroles Cheese slices or cubes Hard cooked egg Peanut butter Sandwiches Pizza

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Desserts	Custard, pudding, ice cream, sherbet, gelatin, fruit whips Cakes, cobblers, and pies pureed to a smooth and moist consistency Soft cookies and plain cakes, such as vanilla wafers or sugar cookies, prepared in a slurry Smooth custard and pudding; plain or custard-style yogurt	Regular cake, pie, cookies Bread and rice pudding Fruited yogurt
Fats	Butter, margarine, smooth gravy, cream sauces, mayonnaise, salad dressings, cream cheese, sour cream, whipped toppings	Fats with coarse or chunky additives
Miscellaneous	Sugar, jelly, honey, syrup Ketchup, mustard, smooth sauces	Jams and preserves Coarsely ground pepper and spices

SAMPLE MENU

Breakfast	Noon	Evening
Orange Juice	<i>Classic Puree</i> Chicken	<i>Classic Puree</i> Beef and Noodles
Cream of Wheat	Mashed Potatoes with Gravy	<i>Classic Puree</i> Green Beans
Scrambled Egg	<i>Classic Puree</i> Carrots	Tomato Juice
Biscuit with Slurry	<i>Classic Puree</i> Rosy Pears	<i>Classic Puree</i> Peaches
Milk	Pudding	Milk
Coffee	Tea	
Sugar	Sugar	
Creamer		