

PUREED FOOD SUGGESTIONS

SOUPS

Puree any nourishing tinned soup such as lentil or pea and ham. You can make your own soups by liquidising stock with cooked vegetables and seasoning. Try to include some pulses (e.g. lentils, split peas or beans) or meat to boost the protein content.

MEAT AND FISH

Remove all skin, bones, and gristle from cooked meat or fish before liquidising. Use stock, gravy or milk to give a smooth consistency.

VEGETABLES

Cook all vegetables before liquidising. Some softer vegetables will liquidise on their own but others will need some stock or milk adding. The best ones to start off with are carrots, broccoli and parsnips.

FRUIT

All fruit will liquidise well if skins are removed.

Soft fresh fruit such as strawberries or peaches will liquidise without adding extra fluid. Cooked fruit or tinned can be liquidised with its juice. If extra fluid is needed, try adding water or yoghurt.

DRINKS

You should drink at least 8 cups of fluid each day. Have your drinks between meals so they do not overfill your stomach. Low calorie drinks such as water, low calorie squash or tea and coffee are best.

SUITABLE DESSERTS

Low calorie custard

Ice cream

Jelly

Smooth low fat yoghurt

Smooth low fat fruit smoothie

Low fat mousse / instant whip type dessert

Low fat milk puddings e.g. rice, semolina (pureed)

Stewed / tinned fruit in juice (pureed)



FOODS TO AVOID

These foods will not liquidise properly so avoid them.

Dry or tough meat/fish

Ordinary bread and toast

Most breakfast cereals

Raw or salad vegetables

Cooked celery or stringy green beans

Fruit pips, seed, pith and skins

Dried fruit

Biscuits, crackers, crisps and nuts

Sweets and chocolate

Pastry dishes