

Dysphagia Pureed (Level 4)

Pureed Diet

Foods should be of a smooth consistency, yet thick enough to hold their form in your mouth.

Liquid Consistency

Thickened liquids should be smooth (without lumps, chunks or pulp) and be thickened to the following (checked) consistency. Naturally thicker liquids (tomato juice, eggnog, ready-to-drink nutrition beverages) may need to be thickened to reach the desired consistency.

Thin (level 0): Flows like water.

Examples include:

- milk
- juice
- coffee, tea

- soda, carbonated beverages
- ready-to-drink nutrition beverages.

Mildly thick (level 2): Pours quickly from a spoon but slower than thin liquids (consistency of apricot nectar).

Moderately thick (level 3): Pours from a spoon when tilted and does not stick to the spoon (thicker than mildly thick).

Extremely thick (level 4): Falls off spoon in a single spoonful when tilted and holds shape on a plate. Cannot be drank.

No solids that can melt in your mouth and become a thin liquid are allowed on a thickened liquids above level 0 diet (ice cream, sherbet, plain gelatin).

Foods to Eat and Avoid	
Foods Allowed	Foods Not Allowed
<p>Cereals smooth, cooked cereals (Cream of Rice™, Cream of Wheat®)</p> <p>Milk poured over cereal needs to be thickened to match the consistency of cooked cereal. The liquid (milk) must not separate from the solid (cereal).</p>	<p>Cereals dry cereals, cooked cereals with lumps (oatmeal), pulp, chunks, seeds</p>
<p>Fruits pureed fruits without seeds or skins, fruit juices of the appropriate consistency</p>	<p>Fruits all whole fruits (fresh, frozen, dried, canned)</p>
<p>Vegetables pureed vegetables (without pulp, seeds or any other chunks and lumps), tomato sauce without chunks or seeds</p>	<p>Vegetables all other vegetables that have not been pureed, tomato sauce with chunks or seeds</p>

(over)

Foods to Eat and Avoid

Foods Allowed	Foods Not Allowed
<p>Meats and Meat Substitutes pureed or strained meats, hummus, eggs, smooth soufflés</p> <p>Meats and meat substitutes must be moist. The liquid must not separate from the solid.</p>	<p>Meats and Meat Substitutes whole meats, ground meats, fish, poultry, cheese, cottage cheese, peanut butter, fried eggs, scrambled eggs, hard-cooked eggs</p>
<p>Potatoes and Starches pureed, moist pasta, potatoes and rice (without lumps)</p>	<p>Potatoes and Starches all other pasta, potatoes and rice; grainy, sticky rice or rice that separates into small grains; any served with undrained thin liquids</p>
<p>Soups cream soups that have been pureed in a blender or strained</p> <p>Soups need to be the consistency checked on the front side of this fact sheet.</p>	<p>Soups soups with any lumps</p>
<p>Desserts puddings (no lumps or bumps), custards, custard-style yogurt, smooth yogurt (without fruit, nuts or other non-pureed additions)</p> <p>Ice cream, malts, milkshakes, sherbet and plain gelatin are only allowed if thin liquids are allowed.</p>	<p>Desserts cakes; pies; cookies; pastry; puddings with lumps, chunks or texture; bread pudding; rice pudding; yogurt with fruit, nuts or other non-pureed additions</p>
<p>Fats butter, margarine, mayonnaise, sour cream, whipped cream, whipped topping, gravy (no lumps), cream cheese</p>	<p>Fats all fats that have chunks, lumps or texture</p>
<p>Other sugar and artificial sweeteners; salt; finely ground pepper, smooth condiments the same consistency of the food item with which they are served (ketchup, mustard, barbeque sauce, honey, jelly)</p>	<p>Other anything with a consistency that does not match the food item with which they are served</p>
<p>Breads pre-gelled (soaked) breads that are moist and gelled through the entire thickness of the bread</p>	<p>Breads all other breads</p>



Pre-gelled Bread

Makes 2 servings

Ingredients

1 tablespoon + 2 teaspoons vegetable broth
1 tablespoon gelatin powder
2 slices bread (any kind)
nonstick cooking spray

Directions

1. In a shallow pan, combine broth and gelatin. Stir.
2. Add bread to pan in a single layer. Allow to soak in gelatin mixture for 2 minutes. Use a spatula to flip bread and allow to soak for 1 more minute. Make sure bread is completely soaked in the gelatin mixture.
3. Spray another pan with nonstick cooking spray. Use a spatula to transfer soaked bread to prepared pan. Place in the refrigerator for 2 hours or until gelatin has set.
4. Remove from refrigerator and allow to sit at room temperature for 1 hour.
5. Enjoy!

