



Thick Puree Diet for Children

(Foods which are thick, smooth and do not contain any lumps)

IDDSI Level 4 – Pureed (Thick Puree)

- Food that has been pureed and is thick and completely smooth
- It does not require any chewing
- It holds its shape on a plate or spoon
- It cannot be drunk from a cup or sucked from a straw
- It can be eaten with a spoon or fork
- It should be the same texture throughout with no loose fluids that have separated off
- The texture is not sticky in the mouth
- It should not contain any 'bits' (e.g. lumps, fibres, skins/shells, husks or pips)
- Check the ingredients list on the packet if your child has any dietary requirements or allergies before giving to your child

Preparing pureed food for your child

- Some 'first stage' pouches and jarred baby foods (from 6 months) would typically fit into this category - e.g. savoury vegetable dishes
- Every day food can be made into a smooth pureed food texture using a liquidiser, food processor and/or sieve
- Moist food will puree best, but some foods will need fluid blended evenly into it to achieve the right single smooth texture (e.g. gravy, water, stock, cream, milk, white sauce, yoghurt, custard)
- Some foods take more time to achieve the correct texture. If lumps, fibres or skins remain after pureeing then pass through a sieve.

Foods to puree with caution

Care should be taken when pureeing any food; however there are some foods which will need extra attention:

- Any stringy meat or meat containing fat and/or gristle
- Dough e.g. pizza base and pasta can be sticky
- Fish which contains small bones

Foods to avoid

Although most foods can be pureed, there are some which are difficult and best to avoid:

- **Dry/crisp foods:** dry bread, muesli, crisps, toast, battered/breaded food, crisp breads, rice cakes
- **Hard foods:** tough/dry meat, boiled sweets, nuts, seeds
- **Sticky foods:** peanut butter, toffee, overcooked porridge
- **Stringy foods:** celery, green beans, pineapple, lettuce stalks
- **Husks and vegetable/fruit skins:** dried fruit, grape skins, peas, beans, sweet corn
- **Crumbly foods:** biscuits, pastry, crumble topping
- **Couscous and quinoa**

Note: Ice cream and jelly should be avoided because they will become runny in the mouth.

Mealtime ideas for thick puree foods

These foods require pureeing first and may need liquid adding to achieve the correct consistency.

Breakfast

- Ready Brek™ or porridge with milk
- Weetabix™ with milk
- Cerelac™ (Nestle) with milk
- Smooth yoghurt or fromage frais (with puree fruit)
- Tinned spaghetti

Main Meals

- Thick vegetable or meat soup
- Meat or vegetable casserole/ curry
- Dhal
- Fish in sauce e.g. butter, cheese, white sauce
- Macaroni cheese
- Tinned spaghetti with grated cheese
- Canned tuna or salmon with sauce (caution with bones)
- Chicken/turkey or minced meat in sauce
- Cauliflower cheese

Serve these with pureed vegetables and pureed potato/rice/pasta

Puddings/Snacks

- Smooth yoghurt and fromage frais
- Fresh fruit, tinned fruit, stewed fruit - serve with custard, yoghurt or cream
- Packet desserts made with milk e.g. Angel Delight™
- Canned puddings e.g. rice pudding, semolina, custard
- Fruit smoothie, blended with milk/yoghurt/evaporated milk
- Cake and custard/cream
- Egg custard (no pastry)
- Crème caramel
- Panacotta

General Advice

- If possible, and advised by the professionals involved, try to ensure your child has a regular meal routine (e.g. 3 meals and 2 snacks each day)
- Encourage a varied and balanced diet
- Include foods from each of the five food groups
- Ensure meals look appetising
- Use the following website as a guide to help you: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>

These are general guidelines. You may also be given more specific recommendations by a Speech and Language Therapist or Dietitian.

If you observe that your child does not manage a particular food of this consistency please stop offering that food and try something different of this consistency.

Be certain that your child does not overfill their mouth if self-feeding.

If you have any further queries or concerns about your child's eating and drinking, please contact your Paediatric Dietitian on: 0121 424 1674 or Community Speech and Language Therapist.

References

International Dysphagia Diet Standardisation Initiative: IDDSI
<https://www.iddsi.org>

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