



Pureed Diet (Level 4) Information for Patients/Carers

The Speech and Language Therapist (SLT) has assessed you / your relative because of a swallowing problem. A pureed diet has been recommended as this is one of the easiest textures to swallow.

This diet requires no chewing. It is a thick, smooth, uniform consistency. It should be blended (pureed) or sieved to remove particles/lumps.

Food that **should not** be given on a pureed diet:

Food that has lumps in it and requires chewing (e.g. mashed potato if it is not smooth)

Jelly is not suitable for someone who is on a pureed diet.

A pureed diet should be:

- Thick enough to **hold its shape**
- Moist enough to **slide off a spoon**

If the pureed diet is too dry, alter the consistency with a small amount of gravy/sauce and make sure this is completely absorbed.

For more information, please contact Speech and Language Therapy on 0121 424 0432.

Accessibility

To view this information in a different language or use text-to-speech reader visit www.uhb.nhs.uk, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email interpreting.service@uhb.nhs.uk.



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