



Thin Puree Diet for Children

(Food that is smooth and does not contain any lumps)

IDDSI Level 3 Liquidised

- Food that has been liquidised and is completely smooth
- It does not require any chewing
- It can only be eaten with a spoon (would drip through a fork)
- It can be drunk from a cup
- It can be poured and spreads out if spilt
- 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)
- Always supervise your child when they are eating and drinking and ensure they do not overfill their mouth
- Check the ingredients listed if your child has any dietary requirements or allergies, before giving to your child

Preparing liquidised food for your child

- Some 'first stage' pouches and jarred baby foods (from 6 months) would typically fit into this category - e.g. many fruit purees
- Every day food can be made into a smooth liquidised food texture using a liquidiser, food processor and/or sieve
- Moist food will liquidise 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 liquidise with caution

Care should be taken when liquidising 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

Although most foods can be liquidised, there are some which are difficult and best to avoid.

Foods to avoid:

- **Dry/crisp foods:** muesli, crisps, toast, battered/breaded food, crisp breads, rice cakes
- **Hard foods:** tough/dry meat, boiled sweets, nuts, seeds
- **Sticky foods:** white bread/rolls, peanut butter, toffee
- **Stringy foods:** celery, green beans, pineapple, lettuce stalks

- **Husks and vegetable/fruit skins:** dried fruit, grape skins, peas, beans, sweetcorn
- **Crumbly foods:** biscuits, pastry, crumble topping
- **Couscous and quinoa**

Note: Ice cream and jelly should be avoided because they melt unevenly; with some parts becoming runny in the mouth faster than others.

Mealtime ideas for liquidised foods

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

Breakfast

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

Main Meals

- Vegetable or meat soup
- Meat or vegetable casserole/ curry
- Dhal (e.g. add enough liquid to make sure it is smooth and runny)
- 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

You could serve these with liquidised vegetables and liquidised potato/rice/pasta.

Puddings

- Smooth yoghurt or 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

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
<http://idssi.org>

Leaflets Produced by:

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