

Basic Puree Diet Guidelines

End product should be smooth, no lumps, consistency of pudding, not sticky, no liquid separates, will not drip through the tines of a fork, holds its shape on a spoon, and slides off a tilted spoon

Do not serve a pureed meal to one of your clients if you would not be willing to eat it yourself!



- Use a commercial grade food processor or blender
- Start with just the food (drained, no extra liquid)
- Add small amounts of liquid to reach desired consistency
- Never puree with water. Always use a nutritional liquid that compliments the food. For example:
 - Milk or cream for bread or grain & dessert
 - Broth or gravy for meat or casseroles
 - Fruit juice for desserts
 - Marinara, tomato sauce or juice for pasta
 - Ketchup and mustard for hamburger
 - Tarter sauce and lemon with fish
 - Honey or syrup for pancakes/waffles
- Do not puree foods together unless they are served together on a regular diet (ie- pork stir fry (veggies and pork with sauce) can be pureed together but rice should be pureed separately. Pureed spaghetti sauce should be served over pureed pasta vs blending together. Eggs, sausage and toast should each be pureed individually and served separately)
- Some foods may not puree well and/or may be unsafe to serve due to consistency/stickiness - ie- bacon and peanut butter
- Meal should be served on a regular plate unless adaptive plate or bowls are specified by occupational therapist
- Puree meal (as for all meals) should be garnished with an edible puree garnish. Examples could include colored applesauce or paprika sprinkles