

Fortified puree diet

Pureed foods should be **smooth**, **require no chewing** and **hold their shape**; they should not be runny. A food processor and sieve will help you to prepare pureed foods. A puree diet should only be given after advice from a healthcare professional. Prescription thickeners may also be recommended to make your meals and drinks safe to swallow.

- **Choose full-fat products** rather than 'diet', 'low fat' or 'healthy eating' varieties as these provide more calories.
- **Puree foods separately** to maintain colour and taste.
- **Add butter, cream cheese, mayonnaise or oil** into savoury options such as mashed potato, eggs or vegetables.
- **Add sugar, honey, cream, or dried milk powder** into sweet options such as porridge, rice pudding or custard.
- **Make meals in bulk** and freeze individual portions to reduce preparation time.
- **Food moulds, piping bags or a scoop** will help to improve presentation.
- **Use high-calorie liquids** such as fortified milk, cream or rich gravy to thin food and boost calorie content.
- **Try natural thickeners** such as cornflour, wheatflour or instant potato to stiffen food and boost calorie content.



Example fortified puree meal plan

- **Breakfast:** Pureed porridge with fortified milk and honey, and a glass of thickened orange juice.
- **Mid-morning:** A cup of thickened tea or coffee with fortified milk and pureed banana.
- **Lunch:** A rich pureed shepherd's pie with creamy mashed potato and pureed carrots, followed by pureed treacle sponge and custard made with fortified milk.
- **Mid-afternoon:** Pureed skinless sausages with sour cream dip and a nourishing fruit smoothie or milkshake.
- **Dinner:** Fortified pureed omelette followed by a thick and creamy yoghurt.
- **Before bed:** Chocolate mousse made with fortified milk, cream and sugar.

Note: Ice cream and jelly are **not** suitable desserts for a puree diet as they melt into a thin liquid in your mouth.

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

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t: 111

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w: www.nhs.uk

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