

## Texture C Dysphagia Diet (Smooth Purée Diet)

### Description

- Smooth, thick, uniform consistency which may need to be sieved to remove particles.
- It drops rather than pours from the spoon.
- No chewing needed.



### Cook



### Blend



### Sieve

- Blend each part of the meal separately.
- Use thickener or cornflour to maintain stability.

### Breakfast

- *Porridge* – Served with milk or cream. May need to be blended.
- *Soft cereal* e.g. weetabix – served with hot or cold milk so it is smooth. This will need to be blended with the milk.
- *Yoghurts* – Thick, creamy and smooth yoghurts with no lumps or bits.
- *Puréed fruit* e.g. apple/pear – May need to be blended or sieved depending on the fruit.

### Savoury Food

#### Soups

*Please ensure there are no bits in the soup – this would cause a high risk of choking.*

- All types of soup can be liquidised. You may need to sieve them to create a thick, smooth texture.
- Try thicker soups such as potato, pumpkin or butternut squash.
- Condensed tinned soup, e.g. tomato.
- Ready-made fresh soup may need to be liquidised.

## Meat and Poultry

- To liquidise meat, add gravy or sauce and it will create a nice, smooth texture.
- *Top Tip* – Ask your butcher if they can mince it twice to create a fine mince.

## Fish

*Please ensure all bones are removed.*

*How to cook:* Steam, bake, microwave, poach in milk.

*To liquidise:* Add sauce (e.g. cheese, white or parsley) to create a smooth texture.

*Top tip:* Condensed soups, e.g. mushroom or tomato, can help to create different flavours when puréed.

## Eggs

*How to cook:* Scramble, poach or boil.

*To liquidise:* Add mayonnaise or salad cream and blend to a smooth texture.

## Cheese

- Use cheese to add to dishes for extra flavour, e.g. add to soups, sauces, mashed potato.
- *Main meal idea:* Liquidise cheese with cauliflower and white sauce.

## Pasta and Rice

*How to cook:* Boil

*To liquidise:* Blend with a sauce, e.g. ragu, tomato, bolognaise or cheese sauce.

## Potatoes

*How to cook:* Boiled, creamed, baked (remove skin after baking)

*To liquidise:* Add cream, milk or grated cheese and blend to a smooth texture.

*Top tip:* Try sweet potatoes or add puréed egg mayonnaise for a different flavour.

## Vegetables

- Fresh, frozen or tinned vegetables. Avoid bitty vegetables, e.g. peas, sweetcorn (see *High Risk Foods list*)

*How to cook:* Boil or steam

*To liquidise:* Add vegetable stock cubes or simply blend to a smooth texture. May need to be sieved depending on the vegetable.

*Top tip:* Root vegetables blend well, e.g. carrots, parsnip, butternut squash.

## Puddings and Desserts

### Hot milk puddings

- Homemade, tinned or packet varieties e.g. rice pudding, sago, semolina, custard and egg custard. Will need to be blended.

### Other puddings

- Mousse, yoghurts, fromage frais, instant whipped puddings.
- No ice-cream or jelly if a person requires thickened fluids.

## Fruit

- Try blending fruit into a milkshake or smoothie with yoghurt or ice-cream.

*Ensure all skin, pips and stones are removed – you may need to sieve them.*

