

Diet and Nutrition Guidelines for Pureed Meals – Proper Nutrition on a Pureed Diet

Pureed Meals

A number of medical and dental conditions require special care to ensure complete and balanced nutrition while maintaining a soft or liquid diet. The following information will help guide your choices.

To reduce the pain and/or difficulty swallowing while maintaining a balanced diet, make an effort to choose a variety of pureed foods from the five food groups. Choosing a variety of foods from each food group will provide adequate nutrients as well as prevent boredom in your diet. Servings to meet approximately 2000 calories include the following:

- 6 to 8 ounces from the Grain Group,
- 2 to 3 cups from the Vegetable Group,
- 1 1/2 to 2 cups from the Fruit Group,
- 3 cups from the Dairy Group, and
- 5 to 6 ounces from the Protein Foods Group.

Sources of Blenderized or Pureed Foods

You may want to buy all food or some pureed foods at the grocery store. Small jars of strained baby food contain about one-half cup of food: larger containers usually cost less per serving than single serving jars. While buying pureed food is easier, it generally costs more than making your own.

You can puree many of the foods you normally prepare at home. Homemade pureed foods can taste better than store bought ones. To puree foods at home, you need:

- A strainer or sieve
- A blender, food processor or grinder

Steps for Making Blenderized or Pureed Foods

1. Remove skins, seeds, pits, bones, tough membranes and other inedible parts of foods.
2. Cut food into small pieces
3. Cook food until tender. Food already cooked, such as canned fruits, vegetables or meats and fish do NOT need further cooking.
4. Add small amounts of liquid to food in order to thin it to a drinkable consistency. For instance:
 - Use warm milk to thin pureed macaroni and cheese, or eggs or potatoes.
 - Melt ice cream, sherbet, and gelatin and mix with milk or fruit juice.
 - Use milk to thin pudding or strained yogurt
 - Use fruit juice to thin pureed fruit

Recipes for Pureed Foods

While you are having difficulty chewing or swallowing, use these recipes for preparing pureed meals. They can be the basis for developing your own recipes. Be creative! You can puree almost any food. Serve foods attractively and try a variety of herbs and seasonings. Do not limit yourself to plain foods and milkshakes. Experiment and enjoy!

Entrees

Blenderized Meats

- ½ cup cooked meat or 1 jar baby strained meat
- 6 tablespoons hot broth
- Salt and pepper to taste

Place meat and broth in blender. Cover. Process on low speed until smooth. Add salt to taste. Yield: 1 serving

Beef Stew

- 1 cup cooked beef stew
- 1 cup beef bouillon

Put all ingredients into blender. Blend well. Yield: 1 serving

Roast Meat and Potatoes

- 3 ounces cooked roast beef (beef, chicken or pork)
- ½ cup mashed potatoes
- ½ cup gravy
- 1 cup hot water or broth

Put meat in blender and process until smooth. Add remaining ingredients and puree to desired consistency. Yield: 1 serving

Chicken and Noodles

- 1 cup boiled chicken and noodles
- ½ cup mashed potatoes
- 1 cup hot chicken broth

Put chicken, noodles and potatoes in blender. Blend until smooth. Add broth and puree. Yield: 1 serving

Spaghetti and Meatballs

- ½ cup cooked spaghetti noodles
- 2 meatballs
- ½ cup spaghetti sauce
- ¾ cup hot water
- Parmesan cheese or seasoning to taste

Combine all ingredients in blender. Blend well. Yield: 1 serving

Steak and Mushrooms

- 3 ounces cooked steak

½ cup mashed potatoes
¾ cup mushroom gravy or soup 1 cup hot milk

Put steak in blender. Blend until finely minced. Add remaining ingredients and blend until smooth. Yield: 1 serving

Macaroni and Cheese

1 cup baked macaroni and cheese
1 cup hot milk

Add all ingredients to blender. Blend well. Yield: 1 serving

Meat Loaf

3 ounces meat loaf
1 small boiled potato
1 small boiled carrot
2 tablespoons brown gravy
1 cup beef bouillon

Cut meat loaf, potato and carrot into cubes. Put all ingredients into blender and blend until smooth. Yield: 1 serving

Tuna Noodle Casserole

1 cup tuna noodle casserole
1 teaspoon lemon juice
1 cup hot milk
1 cup hot water

Put all ingredients into blender. Blend until smooth. Yield: 1 serving

Vegetables and Salads

Mashed Potatoes

½ teaspoon salt
2 cups milk
2 tablespoons margarine
1 cup instant mashed potato flakes

Combine salt, milk, and margarine in saucepan and simmer. Add instant potatoes and mix well. If too thick, add hot water to desired consistency. Yield: 2 cups

Blended Vegetables

½ cup cooked vegetables
6 tablespoons milk or hot broth
Salt and pepper to taste

Place vegetables and liquid in blender. Cover. Process on low speed until smooth. To test if smooth, rub a small amount between your fingers. If any large particles can be felt, process again. Add salt and pepper to taste. Heat and serve. Yield: 1 serving

Broccoli and Cheese

- 8 ounces frozen broccoli in cheese sauce
- 3 tablespoons milk or water

Cook broccoli as directed. Add milk or water. Blend until smooth. Yield: 1 cup

Guacamole

- 2 ripe avocados
- 1 tomato
- 1-2 tablespoons lemon juice
- Garlic salt to taste

Peel avocados and cut into small pieces. Mash with a fork. Cut tomato into small pieces. Add lemon juice and garlic salt. Blend all ingredients until smooth. Yield: 1 ½ cups

Spinach Souffle

- 1 package frozen spinach souffle
- ½ can cream of chicken or cream of mushroom soup

Cook spinach souffle according to directions. Heat soup. Place cooked souffle and hot soup in blender and blend until smooth. Add water as needed to make more liquid. Yield: 2 - 2½ cups

Cole Slaw

- 2 cups finely chopped cabbage
- 1 tablespoon of your favorite dressing
- Salt to taste

Put cabbage in blender with enough cold water to cover. Process on chop cycle. Pour into strainer and drain well. Put drained cabbage, dressing, and seasoning into blender. Blend until cabbage is no longer visible. Yield: 2 cups

Gelatin Salad

- 2 tablespoons flavored gelatin powder
- 1 cup boiling water
- ½ cup fresh or cooked fruit

Put gelatin into boiling water. Stir until dissolved. Put gelatin and fruit into blender and blend until smooth. Let cool to drinkable temperature. Drink warm. Yield: 1 cup

Cottage Cheese and Fruit

- 1 cup cottage cheese
- ½ cup cooked or canned fruit
- ½ cup fruit juice

Add all ingredients to blender. Blend well. Yield: 1 serving

Potato or Macaroni Salad

- 1 cup potato or macaroni salad
- 1 cup milk

Put salad into blender. Blend until smooth. Add milk and blend until of liquid consistency. Yield: 1-1/2 cups

Soups

Condensed Soups

The following condensed soups are excellent served cold. To prepare, mix with water or milk and chill.

Asparagus	Black Bean	Celery	Chicken
Green Pea	Tomato Bisque	Tomato	Consommé

The following are tasty combinations of strained baby meats and condensed soups. Simply heat the soup and strained meats and serve warm.

Strained beef with: cream of onion soup, tomato soup, or cream of mushroom soup

Strained chicken with: cream of chicken soup, cream of asparagus, or cream of celery soup

Tomato Cheese Soup

1 can (10.5 ounces) condensed tomato soup

1 can whole milk (see soup can directions)

½ cup grated cheese

In saucepan, stir together soup and milk. Heat. Just before serving, add cheese and stir until melted. Yield: 2 servings

Chunky Soup

1 pound ground beef

1 medium onion

1 package (12 ounces) elbow macaroni

1 large can tomato juice

2 small cans kidney beans

Cook macaroni according to directions and rinse. Brown ground beef and onion together. Add salt and pepper to taste. Combine all ingredients and boil. Pour into blender in 1 cup batches, and blend until smooth. Add tomato juice if mixture is too thick. Yield: 4 servings

Potato Soup

2 or 3 large potatoes or 1 cup mashed potatoes

1½ cups milk

1 teaspoon margarine

Dash of salt

Cut up potatoes and boil 20-30 minutes in water. Drain potatoes. Put potatoes in blender and add milk, margarine, and salt. Blend two minutes. Yield: 2 servings

Cream of Pea Soup

1 cup cooked peas

1 cup hot milk

1 teaspoon margarine

3 saltine crackers

Salt to taste

Puree peas in blender. Add remaining ingredients and blend well. Yield: 2 servings

Cheddar Cheese Soup

- 1 can (11 ounces) cheddar cheese soup
- 1 soup can milk (see directions on side of soup can)
- 1 teaspoon Worcestershire sauce

Place soup in saucepan. Gradually add remaining ingredients. Heat to serving temperature. Do not boil. Yield: 2 servings

Pumpkin Soup

- 1 tablespoon margarine
- 2 tablespoons onion, finely minced
- 2 cups cooked pumpkin, canned or fresh, thoroughly drained
- 2 ½ cups chicken broth
- 2 ½ cups milk
- 1/8 teaspoon ground cloves
- ½ teaspoon sugar
- 1 teaspoon lemon juice
- 2-3 drops Tabasco sauce
- ½ teaspoon salt
- ¼ cup half n' half

Melt margarine in heavy 4 quart saucepan over medium heat. Add onion and cook 2-3 minutes or until transparent. Add pumpkin, broth, milk, cloves, sugar, lemon juice, and Tabasco sauce and salt. Stir thoroughly to blend all ingredients. Bring to boil then cook over low heat, stirring occasionally for 15 minutes. Blend mixture in matches. Return blended soup to saucepan and stir in half n' half. Heat. Add salt, pepper, or other seasonings desired. Serve hot. Yield: 4-6 servings

Cream of Carrot Soup

- 1 tablespoon margarine
- 1 tablespoon flour
- ½ teaspoon salt
- 2 cups milk
- 2 jars strained baby carrots
- Pinch of nutmeg (optional)

Melt margarine. Add flour and salt. Stir until smooth. Cook 2-3 minutes, stirring constantly. Do not brown. Gradually add milk and stir until creamy. Add carrots. If too thick, add water for desired consistency. Heat to serving temperature. Yield: 3 servings

Shrimp Soup

- ½ tablespoon margarine
- ½ tablespoon flour
- 1 cup milk
- 1 can (4.5 ounces) shrimp, drained

Dash of Tabasco sauce

Heat margarine and flour in saucepan. Add remaining ingredients. Do not boil. Pour in blender. Blend until smooth. Yield: 1-2 servings

Danish Buttermilk Soup

3/4 cup liquid egg substitute
1/4 cup sugar
1 quart buttermilk
6 tablespoons frozen grapefruit juice concentrate, thawed

In food processor or blender, blend egg substitute and sugar until thick and lemon colored. Gently stir in buttermilk and grapefruit juice concentrate. Chill and serve. Yield: 5 cups

Apple Peanut Butter Soup

1 medium cooking apple, peeled, cored and diced (about 1 cup)
1/4 cup chopped celery
1/4 cup chopped onion
1/4 cup chopped carrot
2 tablespoons margarine
2 1/2 cups milk, scalded
6 tablespoons smooth peanut butter
1/4 teaspoon salt
Dash Worcestershire sauce
1/2 teaspoon (or more to taste) brown sugar

Sauté apple, celery, onion, and carrot in margarine until vegetables are tender. Do not worry if apple becomes mushy. Pour half of hot milk into blender container and add half the sauteed vegetables, peanut butter, salt and Worcestershire sauce. Cover and blend until smooth. Pour this mixture into saucepan. Blend the rest of the hot milk, sauteed vegetables, peanut butter, salt and Worcestershire sauce. Put this mixture in the saucepan. Add brown sugar to taste. Reheat to serving temperature or serve cold. Yield: 3 cups

Hot Yogurt Soup

1/2 cup margarine
1 1/2 cups finely chopped onion
5 cups beef or chicken broth
1-2 cups farina
1 tablespoon finely chopped parsley
2 cups plain yogurt
Salt and pepper to taste

Melt margarine in a small skillet. Sauté onion until golden brown. Add broth, farina and parsley. Add yogurt very slowly while stirring. Add salt and pepper to taste. Heat just until soup comes to a boil. Serve hot. Yield: 6 servings

Breakfast, Fruit and Yogurt Blends

Poached Eggs

2 poached eggs
½ slice buttered toast
1 cup warm milk

Combine all ingredients in blender. Blend until smooth. Yield: 1 serving

Bacon and Eggs

2 slices bacon, cooked
2 soft cooked eggs
½ cup slice buttered toast
1 cup warm milk

Put bacon in blender. Blend into small pieces. Add eggs, potatoes and toast, and continue blending. Add milk and blend until smooth. Yield: 1 serving

Sausage and Eggs

1 sausage patty, cooked and drained
2 soft cooked eggs
½ cup fried potatoes
½ slice buttered toast
1 cup warm milk

Chop sausage into small pieces. Put into blender and add eggs, potatoes, toast and milk. Blend until smooth. Yield: 1 serving

Eggs and Toast

1 cup milk
2 eggs, raw, beaten
½ slice buttered toast

Heat milk in small saucepan. Add beaten eggs and simmer until cooked. Put milk, eggs and toast into blender. Blend until smooth. Season to taste. Yield: 1 serving

Hot Cereal and Milk

1 cup cooked hot cereal (oatmeal, Cream of Wheat, etc.)
1½ cup warm milk
2 teaspoons sugar or brown sugar
1 teaspoon butter or margarine
Dash of cinnamon

Put all ingredients into blender. Blend until smooth. Yield: 1 serving

Dry Cereal and Milk

1 cup dry cereal
1½ cups milk
2 teaspoons sugar

Put cereal into blender. Grind or blend until fine. Add sugar and milk, and blend until smooth. Yield: 1 serving

Beverages, Shakes and Desserts

Combine the following ingredients in blender and blend well. Yield: 1 serving each

Peach-Apple Yogurt Drink

1 carton peach yogurt
3 tablespoons cottage cheese
 $\frac{3}{4}$ cup apple juice
 $\frac{1}{8}$ teaspoon cinnamon

Apricot Yogurt Drink

1 carton of plain yogurt
3 tablespoons of cottage cheese
1 jar of strained baby fruit
 $\frac{3}{4}$ cup apricot nectar
Dash of nutmeg

Banana Fruit Yogurt Drink

1 carton of plain yogurt
3 tablespoons of cottage cheese
1 medium ripe banana
 $\frac{1}{2}$ cup milk or fruit juice
2 tablespoons honey
2 tablespoons lemon juice

Egg Nog Yogurt Drink

1 carton vanilla yogurt
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup grape juice
 $\frac{1}{4}$ cup liquid egg substitute
Dash of nutmeg

Cran-Orange Cup

2 $\frac{1}{4}$ cups boiling water
6 orange herbal tea bags
 $\frac{3}{4}$ cup cranberry juice cocktail, heated to boiling
2 tablespoons brown sugar

In teapot, pour boiling water over herbal teabags. Cover and brew for 5 minutes. Remove teabags. Stir in remaining ingredients. Yield: 4 servings

Peach Cooler

¾ cup cold milk
½ cup chilled peaches, canned or fresh
2-3 drops almond extract
½ cup vanilla ice cream

Place all ingredients in blender and blend until smooth. Serve cold. Yield: 1 serving

Cocoa Diablo

1 tablespoon sugar
1 tablespoon cocoa powder
1 tablespoon instant coffee
Dash of cinnamon

1 cup milk Combine sugar, cocoa, coffee and cinnamon in saucepan. Mix well. Add milk and stir until dry ingredients are dissolved. Heat to serving temperature, stirring frequently. Do not boil. Yield: 1 serving

German Hot Chocolate Mix

1 box (8 quarts yield) nonfat dry milk powder
1 jar (8 ounces) powdered creamer
½ cup sugar

Mix well. Store in covered container. When ready to use, add 1/3 cup mix to 1 cup boiling water.

Super Chocolate Drink

½ cup whole milk
¼ cup corn syrup
2 tablespoons vegetable oil
1 teaspoon chocolate syrup or other flavor

Combine all ingredients. Mix well. Yield: 1 serving

Chocolate Peanut Butter Drink

1 cup milk
½ cup ice cream
2 tablespoons peanut butter
1 tablespoon chocolate syrup

Place all ingredients in blender and blend well. Yield: 1 serving

Egg Nog

½ cup half n' half

½ cup egg substitute
2 tablespoons corn syrup
½ teaspoon vanilla

Combine all ingredients and mix well. Chill. Yield: 1 serving

Chocolate Egg Nog

¼ cup egg substitute
¾ cup milk
½ teaspoon vanilla extract
2 teaspoons sugar
2 tablespoons chocolate syrup

Place all ingredients in blender. Blend well. Yield: 1 serving

Prune Nog

1 cup milk
1 jar strained baby prunes
1/8 teaspoon cinnamon

Place all ingredients in jar or blender container. Cover. Blend and serve chilled. Yield: 1 serving

Milk and Fruit Shake

½ cup fresh or frozen fruit (bananas or peaches)
1 cup milk

Place fruit and milk in blender. Blend until smooth. If you use berries, strain to remove all seeds. Yield: 1 serving

Super Banana Shake

1 scoop vanilla ice cream
¼ cup half n' half
1 tablespoon dry milk powder
½ ripe banana

Place all ingredients in blender and blend well. Yield: 1 serving

Sherbet Shake

½ cup ginger ale
½ cup orange sherbet
2 tablespoons corn syrup
1 tablespoon vegetable oil

Combine all ingredients. Mix well. Chill. You may substitute Kool-aid or other carbonated beverages in place of ginger ale. Yield: 1 serving

Mocha Shake

1 teaspoon instant coffee powder
2 tablespoons chocolate syrup
Dash of cinnamon
1 cup milk

Place all ingredients in blender. Blend well. Yield: 1 serving

Super Chocolate Shake

½ cup vanilla ice cream
¼ cup corn syrup
2 tablespoons milk
1 tablespoon vegetable oil
1 tablespoon chocolate syrup

Combine all ingredients. Mix well. Chill. Yield: 1 serving

Desserts

Cake and Ice Cream

1 small piece of iced cake
1 small scoop of ice cream, no nuts
¼-½ cup milk

Blend cake and ice cream. Add milk and blend until smooth. Add additional milk if too thick. Yield: 1 serving

Fruit Cobbler

1 cup fruit cobbler
1 cup milk

Blend cobbler until smooth. Add milk and blend until of liquid consistency. Yield: 1 serving

Pudding

¾ cup pudding
1 cup milk

Add ingredients to blender. Blend until of liquid consistency. Yield: 1 ½ cup

Blended Canned or Fresh Fruits

¾ cup canned or cooked fruit
2 tablespoons syrup from fruit or fruit juice

Place all ingredients in blender. Cover. Process on low speed until smooth. Serve cold. Yield: 1 serving

Yogurt n' Fruit

4 ounces yogurt
1 banana
8 ounces strawberries
tablespoons milk

Add all ingredients to blender. Blend until smooth. Strain mixture through strainer or sieve to remove all seeds. Chill seedless mixture. Yield: 1 ½ cups

Hot Spiced Applesauce

½ cup applesauce
½ cup apple juice
1/8 teaspoon cinnamon
Pinch of nutmeg

Add all ingredients to blender and blend until smooth. Yield: 1 serving

Peaches and Cream

1 jar strained baby peaches
1 cup ice cream
Pinch of nutmeg
1/8 teaspoon almond extract

Blend all ingredients together. Serve chilled. Yield: 1 serving

Fruit and Gelatin Whip

1 jar strained baby fruit
½ cup gelatin, warm
Whipped cream topping

Dissolve flavored gelatin in boiling water according to package instructions. Put ½ cup warm gelatin and baby fruit into blender and blend until smooth. Add whipped cream to taste. Serve warm. Yield: 1 serving

Strawberry Cheesecake

1 piece of cheesecake
½ cup milk
2 tablespoons strawberry jam

Put jam through strainer or sieve to remove seeds. Put seedless jam, milk, and cheesecake into blender and process until smooth. Add more milk if necessary. Yield: 1 serving