


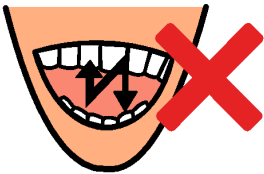




Swallowing Advice: **IDDSI Pureed Extremely Thick**

Why do I need pureed food?

- You find it hard to swallow or may get tired easily when eating more solid food.
- This texture is recommended because you may also be at risk of choking or chest infections on other food.

What is extremely thick pureed food?

 Smooth, no lumps	<ul style="list-style-type: none"> ✓ Food is smooth and moist with no lumps. ✓ It is not sticky.
 No chewing	<ul style="list-style-type: none"> ✗ No biting or chewing is required.
 Can be eaten with a fork	<ul style="list-style-type: none"> ✓ It is usually eaten with a spoon but can be eaten with a fork because it does not drop through.
 Holds its shape	<ul style="list-style-type: none"> ✓ It falls off a spoon in a single spoonful when tilted. ✓ It continues to hold shape on a plate. ✓ It can be piped layered or moulded. ✗ It cannot be poured, drunk from a cup or sucked through a straw.

How do I prepare extremely thick pureed food?

You can puree food using a blender, food processor or it can be mashed with a fork then sieved. It is important that it tastes, looks and smells good.

- ✓ Remove tough skins and large seeds before blending.
- ✓ Cut food into small chunks before processing.

Cont...

How do I prepare extremely thick pureed food?

- ✓ Always puree dry foods with extra liquids such as gravy, milk or stock (try not to use water as this reduces the goodness in the food). Fluid in or on food must match your recommended fluid thickness.
- ✓ Puree small quantities at a time to avoid lumps.
- ✓ A thickener may be added to maintain thickness.

The presentation of extremely thick pureed food is very important to encourage appetite.

- ✓ It is a good idea to puree each food separately so that there are individual portions of each food on the plate. This helps each part of the food to keep its taste and colour.
- ✗ Do not puree a whole meal together as it looks less appetising.
- ✓ Pureed food can be put on a plate with an ice-cream scoop or by piping it through different nozzles in different shapes or using food or jelly moulds to make it look tasty.
- ✓ As the food looks different it is important to be told what it is before you eat it.

Check before eating.

- ✗ No hard pieces, crust or skin have formed during cooking or standing.
- ✗ Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.

Pureed food examples:

Most foods can be pureed eg. Family dinners.

Difficult foods like bread, cake and biscuits can be prepared using a soaking solution.

Eg. 1 scoop of thickener whisked with 200ml fruit juice or water. Soak a 1cm slice of bread or cake in the soaking solution. Dip for 30 seconds, drain and leave in fridge for 1.5 hours. This changes the texture from crumbly to puree. If you are using the solution for cakes, use cakes that do not contain fruit or nuts, eg. Ginger cake, Swiss roll or Madeira cake.

Please note: No ice cream or jelly unless advised as suitable by a Speech and Language Therapist.

If you have any concerns regarding your diet or you need to follow a special diet due to a medical condition, please speak to your GP who may refer you to a dietician.