

Disclaimer: This material is provided to offer information regarding dysphagia. Material is for general information purposes only and it is recommended that advice of a professional Speech Pathologist be sought regarding specific cases. This material was last updated in October 2008.



Dysphagia

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DYSPHAGIA

Supermarket Food Options Pureed Diet



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KEY:

1. Soaked in milk until soft
2. Must be cooked well so that food is soft
3. Avoid these foods if told by your Speech Pathologist that you cannot have dry or crumbly foods
4. Avoid these foods if you are also on thickened fluids
5. May need to be softened, for example soaked in milk

Appliances that can be used to modify the consistency of food

Appliance	Soft diet	Minced diet	Pureed diet	Comments
<i>Blender</i>	√	√	√	Blending time will vary depending on the food and the consistency required
<i>Food processor</i>	√	√	√	Blending time will vary depending on the food and the consistency required
<i>Food steamer</i>	√	√		Steaming time will vary depending on the food and the consistency required
<i>Food slicer</i>	√	√		Use for either diet will vary depending on size of slicer
<i>Grater</i>	√	√		-
<i>Mortar and pestle</i>	√	√		-

Dessert

<i>Supermarket</i>	<ul style="list-style-type: none"> • Custard • Mousse • Jelly (4) • Ice-cream (4)
<i>Mediterranean</i>	-
<i>Asian</i>	<ul style="list-style-type: none"> • Sesame/ Peanut/ Yam paste

Snacks

<i>Supermarket</i>	<ul style="list-style-type: none"> • Dips (no lumps) • Ricotta cheese • Pate
<i>Mediterranean</i>	-
<i>Asian</i>	<ul style="list-style-type: none"> • Soy bean curd

Pureed diet

- All products need to be without lumps of, for example, fruit, nuts etc.

Breakfast

<i>Supermarket</i>	<ul style="list-style-type: none"> • Tinned pureed fruit • 'Up and go' liquid breakfast drinks • Yoghurt (without lumps of, for example, fruit) • Fruit and vegetable juices
<i>Mediterranean</i>	<ul style="list-style-type: none"> • Pureed soup pastas • Greek yoghurt (with honey)
<i>Asian</i>	<ul style="list-style-type: none"> • Pureed rice porridge • Soy bean curd (4)

Meals

<i>Supermarket</i>	<ul style="list-style-type: none"> • Smooth tinned soups, for example Velish pumpkin or tomato • Scrambled eggs • Avocado (mashed) • Polenta
<i>Mediterranean</i>	<ul style="list-style-type: none"> • Pureed soup pastas
<i>Asian</i>	<ul style="list-style-type: none"> • Pureed rice porridge • Soy bean curd (4)