

# IDDSI: Pureed [Level 4]

*Diet prescribed by your provider*

## Overview:

- These foods are typically eaten with a spoon and do not require any chewing. The consistency should be smooth and pudding-like consistency.
- Replaces the NDD Pureed Diet.
- No lumps in food and should not be sticky.
- Testing Methods: appearance, spoon tilt test and fork drip test

## Why:

- Pureed diet is for patients who have severe cases of dysphagia (difficulty swallowing) or cannot chew foods.
- This diet is helpful to prevent aspiration (when food/liquid goes into the lungs).
- Best Practice: Use of pureed molds!

## Food / Beverages:

### Menu References

Menu Offerings: *PUREED FOODS*	Instead of:
grits, cream of wheat, pureed oatmeal	cereal
pureed bread, muffins, pancakes, etc	dry/regular bread, muffins, pancakes, etc.
pureed rice in thick gravy	grainy or sticky rice w/out sauce
pureed meats/poultry/fish served in gravy/sauce	protein foods not pureed into smooth lump free texture
pureed eggs and egg substitutes	soft scrambled eggs
pureed vegetables	raw vegetables or lumpy potatoes with skins
smooth yogurt and pureed cottage cheese	yogurt with lumps or cranola
pureed fruits, 100% fruit juice	fresh fruits with skins

Watch out for thickened liquids for this diet

## Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.