

Which foods can I puree? Tables – Puree diet sheet (CISS-112)

Pureeing food

Protein foods

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée
MEAT	Smooth meat paste Smooth paté	Tender, well cooked beef, lamb, pork, chicken, turkey (skin removed from chicken and turkey)	Sausage meat Sausages (skins removed) Meat pies (must be tender meat in gravy and soft pastry*) Tender stews or casseroles* Curries * Faggots Shepherds/cottage pie	Tough meats Sausage skins Bacon Breadcrumbs/battered meats Burgers Chilli con carne Meat pasties Sausage rolls
FISH	Smooth fish paste Smooth fish pate Taramasalata	Fish in sauce without bones Tinned tuna/ salmon - bones removed Tinned fish in tomato sauce -bones removed Crab		Fish with bones Battered/breadcrumbs fish Shellfish Squid
EGGS		Egg mayonnaise Scrambled egg		Quiche Omelette Fried egg Poached egg Boiled egg
CHEESE	Plain soft cheese (e.g. cream cheese) Plain cheese spread		Grated cheese very well mixed into hot food only	Cheese toppings Hard cheese (e.g. cheddar) Soft cheese with 'bits'
NUTS			Smooth nut butters Creamed coconut	Crunchy nut butters All other coconut All other nuts

*including suitable vegetables only

Starchy carbohydrate foods

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée
POTATOES	Instant mashed potato	Mashed potato Boiled potatoes (no skins) Inside of jacket potato	Potato salad (skinless potato and mayonnaise only)	Potatoes in their skins Roast potatoes Chips Potato croquettes Other fried potatoes
PASTA		Tinned macaroni cheese Tinned pasta in tomato sauce Tinned ravioli Well cooked pasta with a smooth sauce	Homemade pasta dishes e.g. spaghetti bolognese (well cooked pasta with smooth sauce)	Pasta salad Al denté pasta Filled pasta Pasta ready-meals Chinese style noodles
RICE				Boiled rice Rice salad Fried rice Savoury rice
BREAD			Soft breadcrumbs added to soup	All other bread Sandwiches
BREAKFAST CEREALS		Porridge Ready Brek Well soaked Weetabix		All other breakfast cereals

Fruit and Vegetables

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée
VEGETABLES		<p>Peeled and well cooked root vegetables such as: carrot, swede, turnip, parsnip, sweet potato, yam</p> <p>Well cooked broccoli and cauliflower</p> <p>Peeled and well cooked pumpkin and squash</p> <p>Avocado</p>	<p>All the following must be sieved to remove skins, seeds, 'strings' etc.</p> <p>peas, beans, sweetcorn, asparagus, courgettes, marrow, leafy veg such as cabbage, greens, spinach, sprouts.</p> <p>Well cooked plantain (not fried)</p> <p>Dhal/lentils</p> <p>Baked beans</p>	<p>Salad vegetables e.g. tomatoes, cucumber, radishes, lettuce, celery etc</p> <p>Raw vegetables</p> <p>Lightly cooked vegetables</p> <p>Mushrooms</p> <p>Onion</p> <p>Leeks</p> <p>Peppers</p> <p>Prepared salads e.g coleslaw</p> <p>Ratatouille</p>
FRUIT		<p>Banana</p> <p>Peeled and stewed - apple, pear, peach</p> <p>Tinned pears, peaches, mango</p>	<p>Melon (may need thickening)</p> <p>Strawberries, kiwi fruit, mango, watermelon (must be sieved, and may need thickening)</p> <p>All the following must be sieved:</p> <p>stewed or tinned - rhubarb, plums, blackcurrants, raspberries, cherries, apricots, gooseberries, prunes, strawberries</p>	<p>Dried fruit</p> <p>All other fruit</p>

Other foods

Type of food	Suitable texture already - no need to puree	Suitable to purée	May be suitable to purée	Unsuitable to purée
SOUPS	Smooth soups (may need thickening)			'Bitty'/chunky soups
PASTRY			Soft pastry as part of suitable meat/ fruit pie	Crisp pastry
PIZZA				All pizzas
CRISPS/ SAVOURY SNACKS				All crisps/ savoury snacks
CAKES/ PUDDINGS/ DESSERTS (INCLUDING YOGHURT AND ICE CREAM)	Semolina Ground rice pudding Thick custard Blancmange Crème caramel Angel Delight/ Instant Whip Smooth mousse Smooth yoghurt/ fromage frais Cheesecake (without base or topping)	Tapioca Sago Egg custard (without pastry) Tiramisu Junket Pannacotta	Plain rice pudding (without dried fruit, skin etc). Plain sponge/ sponge pudding with syrup/ lemon curd/ seedless jam/ chocolate sauce pureed with custard/ cream Custard tart (soft pastry) Fruit fool (no seeds) Stewed fruit (suitable fruit) Fruit yoghurt/ fromage frais (sieved) Trifle (suitable fruit only)	Jelly Ice cream All other cakes, puddings and desserts Fruit crumble/ fruit pie
BISCUITS			Plain biscuits (no nuts, dried fruit, grains, jam, cream fillings etc) soaked in thick liquid	All other biscuits and crackers
CONFECTIONERY	Discuss with your Speech and Language Therapist			