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Pureed Diet

Patient name: _____

Admission: _____

NRS
DATE INITIAL

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- I. **The client/caregiver can define a pureed diet.**
 - A. This diet is soft in texture and mechanically nonirritating.

- II. **The client/caregiver can list purpose of pureed diet.**
 - A. It is used for clients with problems in chewing or swallowing.
 - B. It is used for clients with esophageal inflammation or varices.

- III. **The client/caregiver can list foods allowed on a pureed diet.**
 - A. All cooked cereals and strained oatmeal and milk-soaked or well-moistened dry cereal

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- B. Doughnuts, pancakes, waffles, French toast, and bread prepared in a slurry.
- C. Mashed white or sweet potatoes; pureed, mashed, and/or strained thickened vegetables; tomato and vegetable juice
- D. Applesauce, pureed thickened fruits, and fruit juices
- E. Pureed to strained meats, poultry, fish, cheese sauce, and eggs
- F. Butter, margarine, cream, gravy, and mayonnaise
- G. All smooth cream or broth-based soups with pureed ingredients
- H. Custard, pudding, ice cream, sherbet, gelatin, cakes, cobblers, and pies pureed to smooth and moist consistency, as well as soft cookies and plain cakes prepared in a slurry