

Smooth pureed foods

A Smooth Pureed Consistency Diet includes a range of food that can be eaten with **limited tongue movement or strength and no chewing** is necessary. Foods should be of a **very even and smooth texture** and similar to a very creamy mashed potato or a thick custard consistency. It should be possible to simply form a bolus of food and swallow using only the tongue.

Characteristics of smooth pureed food:

- Smooth and lump-free but may have a grainy quality
- Moist and cohesive enough to hold its shape on a spoon (eg when placed side by side on a plate these consistencies would maintain their position without 'bleeding' into one another)
- No chewing required at all
- High fluid content (extra fluid required for smoothness)
- No stickiness or crunchiness.

Smooth pureed food texture is achieved by:

- Blending and vitamising using a hand mixer, blender or food processor (foods should be blended separately so they retain their individual texture, flavour and colour)
- Addition of fluids during the blending process
- Thinning down of very thick and sticky foods by addition of fluid
- Food moulds, seasonings and sauces can add variety to shape, presentation and flavour.



Breads, cereals, rice, pasta, noodles	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Smooth lump-free breakfast cereals, eg semolina, pureed porridge • Gelled bread • Pureed pasta or noodles • Pureed rice. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Cereals with coarse lumps or fibrous particles, eg all dry cereals, porridge • Gelled breads that are not soaked through the entire food portion.
Vegetables, legumes	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Pureed vegetables • Mashed potato • Pureed legumes, eg baked beans (ensuring no husks in final puree) • Vegetable soups that have been blended or strained to remove lumps(a). 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Coarsely mashed vegetables • Particles of vegetable fibre or hard skin.
Fruit	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Pureed fruits, eg commercial pureed fruits, vitamised fresh fruits • Well mashed banana • Fruit juice(a) without pulp. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Pureed fruit with visible lumps.
Milk, yoghurt, cheese	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Milk, milkshakes, smoothies(a) • Yoghurt(a) (lump-free), eg lain or vanilla • Smooth cheese pastes, eg smooth ricotta • Cheese and milk-based sauces(a). 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • All solid and semi-solid cheeses including cottage cheese.
Meat, fish, poultry, eggs, nuts, legumes	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Pureed meat or fish (pureed with sauce/gravy to achieve a thick, moist texture) • Soufflés and mousses, eg salmon mousse • Pureed legumes, hummus • Soft silken tofu • Pureed scrambled eggs. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Minced or partially pureed meats • Scrambled eggs that have not been pureed • Sticky or very cohesive foods, eg peanut butter.



Desserts	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Smooth puddings, dairy desserts(a), custards(a), yoghurt(a) and ice cream(a) • Gelled cakes or cake slurry, eg fine sponge cake saturated with jelly. • Soft meringue • Cream(a), syrup dessert toppings(a). 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Desserts with fruit pieces, seeds, nuts, crumble, pastry or non-pureed garnishes • Gelled cakes or cake slurries that are not soaked through the entire food portion.
Miscellaneous	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Soup(a) (vitamised or strained to remove lumps) • Smooth jams, condiments and sauces. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Soup with lumps • Jams and condiments with seeds, pulps or lumps.

(a) These foods require case-by-case consideration.

(b) These foods may need modification for individuals requiring thickened fluids.

Dietitians Association of Australia and The Speech Pathology Association of Australia Limited. (2007). *Texture-modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions*. Nutrition & Dietetics. 64 (Suppl 2), pp. 70-71.

