

A Food First Approach:

Making the most of what you eat (non-IDD SI leaflet)

Pureed Meals

The 'Pureed Meal' Options on this diet sheet are **NOT intended for people with an identified or diagnosed risk of choking or exhibiting unsafe mealtime behaviours.**

This leaflet is intended to support people who have **temporary chewing difficulties** caused by; among other factors: mouth ulcers, poor dentition, sore/tender mouth and throat due to side effects of radio/chemo therapy and other invasive surgical interventions.

Always consult with your Health Care Professional if you suspect swallowing difficulties or contact your Speech and Language Therapist if you have been diagnosed with DYSPHAGIA (unsafe swallow) and if you have been placed onto the appropriate *IDD SI Level food/fluid diet. Should this be the case then **this leaflet is NOT be appropriate for you.** (*International Dysphagia Diet Standardisation Initiative)

Eat Little and Often

Try to have 3 meals each day plus 3 snacks and nourishing drinks between meals. If you cannot eat a full meal, eat a small amount every 2-3 hours eg have 5 - 6 small meals per day.

Eat what you fancy and if your appetite is better at certain times of the day, aim to eat more at these times. Cold foods can sometimes be more appetizing than hot foods. Ready meals & puddings can be easier to prepare and are just as nutritious.

Choose foods and drinks that are 'nourishing' i.e. high in calories and protein such as 'whole' milk and other full fat dairy products. See the below of ideas on how to enrich your meals and drinks

***To achieve energy-dense pureed consistencies:**

Avoid diluting with water or thin stock, skimmed or semi-skimmed milk. Instead, add high-calorie items such as : full-fat thick and creamy yoghurt, buttermilk, double cream, coconut cream, butter, full fat cream cheese, nut butters, fruit compote, avocados and creamy custards to achieve an energy-dense smooth consistencies to any pureed meal /snack or pudding.

**Ensure you invest in a powerful and efficient blender to achieve smooth purees*



Nutritious Drink Recipes

Aim to drink 6 to 8 cups of fluid each day. Whilst fluids such as water and squash are hydrating, they are not high in calories and may make you full. Include at least two nourishing drinks each day prepared with full fat milk.

Make drinks with a full cup of whole or fortified milk e.g. hot chocolate, malted drink (Ovaltine™, Horlicks™), coffee or tea. Add extra cream, chocolate flakes/buttons or marshmallows for even more calories! Try shop-bought milkshakes or smoothies, usually located in the refrigerator aisle.

Milkshake recipe

250ml full fat (whole) milk, Add 3 level tablespoons (18g) milk powder **and** 4 teaspoons (16g) milkshake powder (e.g. Nesquik™ or supermarket-own brand)**method:** Mix all ingredients together, blend until smooth. Serve chilled.

Fortified Milk Recipe – use instead of regular milk in your drinks, cereals and in cooking

1 pint of whole milk (blue top)

4 level tablespoons (24g) of milk powder e.g. Marvel® (skimmed) or Nido® (whole milk powder) or supermarket brand

Method: Mix the milk powder with a small amount of milk. Whisk in the rest of the milk, use!

For a nutritious breakfast drink – Add soaked oats or Weetabix and Banana to the above and blend well! Enjoy

To achieve pureed consistencies the below suggestions can be blended and piped. Consider using food moulds to achieve food shapes to improve the aesthetic appeal.

Savoury Meal and Snack Ideas:

- Soft breads (no crust). Use soft fillings such as cream cheese, scrambled egg and mayo, or nut butter fillings, fish or meat pate (liver/salmon etc.) , pureed chicken or egg/tuna mayonnaise
- Soft savoury scone with butter, jam, cream cheese or melted cheese or cheese triangles
- Omelette or quiche or crust-less pies with soft and tender minced or pureed meat/chicken
- Baked beans on well-buttered crust- less toast
- Hummus or bean dips with soft bread options such as brioche/croissant.
- Thick and creamy soup (add blended potato, sweet potato or mashed and sieved beans/pulses)
- Slow-cooked casserole/ hot pot Or soup with dumplings served with selection of side vegetables
- Soft pasta with cheesy sauces Or Slow-cooked casserole/Hot-pot dishes with soft and tender meat
- Selection of vegetables: Cauliflower, broccoli, root vegetables such as potato, sweet potato, carrots, parsnips or swede can be cooked until tender, then pureed with cream, shaped using food moulds*

Sweet Snack Ideas: *Toppings can also be piped onto soft bases, meringues, well soaked sponge cakes/biscuits etc.*

- Full fat, thick and creamy yoghurt or fromage frais
- Jelly and sponge cake or trifle (can be pureed and moulded and served with piped cream)
- Biscuits or soft sponge cake soaked in tea or juice. Puree and serve with jelly and piped cream or custard or chocolate mousse
- Milk-based puddings e.g. rice or ground rice pudding, custard, crème caramel, blancmange
- Mousse or Instant dessert e.g. Angel Delight™ or supermarket own brand
- Fruit pie, well – soaked crumble or tinned fruit in syrup with cream or custard, or stewed fruit
- Chocolates with caramel fillings or truffle fillings, milky ways, buttons etc.
-

Enrich your Food and Drink

Adding small amounts of high calorie foods to your normal food and drink will help boost the nutritional content without increasing the portion size. This is known as **food fortification and can be put in place in the event you need to gain weight or top further weight loss.**

Food fortification ideas:

- **Add double or single cream** to porridge, sauces, soups, potato (boiled, mashed or jacket), puddings, fruit (fresh, tinned or stewed), hot milky drinks, smoothies and milkshakes
- **Add butter / olive oil spread and/or cheese** to potato (boiled, mashed or jacket), pasta, crumpets, sandwiches, toast, soups, sauces and vegetables
- **Add olive, vegetable or sunflower oil** to pasta and salad dressings, use it for frying foods
- **Add full fat mayonnaise** to potato (boiled, mashed or jacket) or sandwiches
- **Add honey, sugar, jam, golden syrup, maple syrup, gur, jaggery or molasses** to porridge, well-soaked cereals, drinks, desserts, custard or yoghurts

Other foods you can add include: salad cream, ghee, coconut cream, dried fruit, stewed fruit, creamy sauces, chocolate spread, ice cream, jam/fruit compote, golden syrup, evaporated or condensed milk, peanut/almond or other nut butters. dried skim milk powder. ground almond flour. peanut flour to sauces.

Leaflet given out by _____ Contact number: _____
This leaflet is not suitable for use in someone with a diagnosed unsafe swallow/ Dysphagia.