

Level 4 (Pureed Diet)

North Devon District Hospital

Dietetic Service

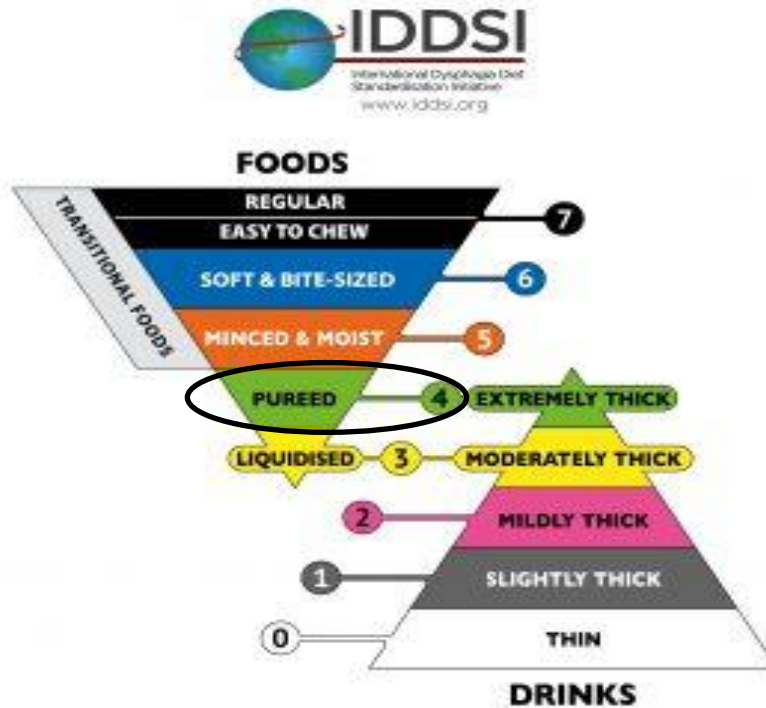
Other formats

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Introduction

Difficulties with eating, drinking and swallowing are called '**dysphagia**'. This condition affects lots of people due to different causes. A Speech and Language Therapist has assessed and diagnosed your eating, drinking and swallowing difficulties.

Your Speech and Language Therapist has recommended that you only eat LEVEL 4 foods (Puree food)



Your Speech and Language Therapist has recommended that all your drinks should be:

- 4. Extremely thick
- 3. Moderately thick
- 2. Mildly thick
- 1. Slightly thick
- 0. Thin (un-thickened)

It is really important to drink enough fluids. Drinking 8-10 cups (approx. 2L per day) will ensure you keep well hydrated and healthy. Drinks can be hot or cold, for example milk, fruit juice, tea or coffee.

Choosing and preparing Level 4 pureed food

Pureed food:

- Is usually eaten with a spoon, although it is possible to eat with a fork
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or moulded
- Cannot be poured
- Holds its shape on a plate and retains form marks if pressure is applied
- Does not contain lumps
- Is not sticky
- Liquid must not separate from solid
- Easily slides off tilted spoon in a single spoonful leaving very little residue
- It is possible to hold this food using fingers – it will slide smoothly between your finger



Image kindly provided by the International Dysphagia Diet Standardisation Initiative 2016

www.iddsi.org/framework

Examples of foods with this texture include:

- Puree meat
- Creamed potato

Shop-bought convenience foods with a smooth, pureed texture such as mousse, smooth yogurt, or creamed potatoes may be an easy addition to meals/ snacks

All **level 4 pureed food** must be cooked until soft and then pureed to a smooth consistency.

- Some foods may need to be sieved so that it is smooth and fine – you may need to thicken this with a prescribed thickener to get the right pureed consistency

- If the food is too dry or thick, add gravy or sauce or another type of nourishing fluid to get the right consistency. Do not use water as this will dilute the nutritional value.

Equipment to prepare Level 4 meals

Liquidiser/food processor – best for pureeing foods containing different textures such as stews and casseroles.

Ingredients can easily be added to fortify foods during liquidising, e.g fortified milk, grated cheese or soft breadcrumbs to create a smooth, uniform texture.

- Ensure the blades are covered with food.
- Never overfill the container.
- Do not use boiling liquids.
- Take care if food is hot.
- Hold the lid firmly (use a cloth to do this if the food is hot).
- Liquidise main course and vegetables separately.

Sieve – can be used to hold back 'bits' e.g. husks in porridge or seeds in liquidised fruit.

Small balloon (wire) whisks – can be useful for adding in dry powder like milk powder, corn flour or thickeners. Cream and yoghurt can also be easily whisked into sauces.

Ensure that **all equipment is cleaned thoroughly** after use as food can become trapped and hard to clean once it's dried on.

Some foods **may need to be re-heated** after altering the texture. This can easily be done in the microwave or in a bowl over a pan of simmering water. This is only to be done once and any remaining food must be thrown away.

Freeze 'extra' meals – allow to cool and freeze quickly. Allow to thaw completely before reheating.

Reheat foods until piping hot and allow to cool to individual preferences.

How to make foods and meals as appetising as possible

- Do not liquidise the meal altogether, as it is difficult to know what you are eating, it may not look appealing and you may miss out on different flavours.
- Make use of the natural colour of food to ensure variety, for example pureed fish and sauce and pureed carrots, mashed potato, chocolate dessert.
- Add extra flavour to food with spices, smooth pesto and/or decorate with sauces such as tomato ketchup or smooth fruit syrup.

Needing extra nourishment?

If your appetite is poor or you have low/lost weight, you may need extra nourishment.

- Aim to have 3 small meals and 2-3 nourishing snack each day
- Try to have something to eat every 2-3 hours (during waking hours)
- Avoid diet to slimming foods such as reduced fat, low fat and sugar free or low calorie varieties.
- Full cream milk to be used in all drinks / food.
- Fortify foods (consider ideas in the table below)

Fortified Milk Recipe

Whisk 4 tablespoons of skimmed milk powder thoroughly into 1 pint of full fat milk and use throughout the day in your drinks/meals

Food	Ideas to add extra nourishment
Cereals	Fortified milk or smooth full fat yogurt, cream, honey, seedless jam, syrup or liquidised fruit
Sauces	Grated cheese * cream cheese, silken tofu, milk powder, coconut milk, smooth full fat yogurt, evaporated milk, cream, butter, margarine
Mashed potato	Grated cheese*, cream cheese, milk powder, smooth nut/seed butters or pastes, cream, crème fraiche, margarine, butter, olive oil
Vegetables	Full fat salad cream, full fat mayonnaise, smooth nut/seed butters or pastes, grated cheese*, smooth full fat yoghurt, sauces, olive oil, margarine, butter
Soups	Grated cheese*, mascarpone or other full fat soft/cream cheese, evaporated milk, fortified milk, milk powder, silken tofu
Puddings	Smooth full-fat yoghurt, evaporated or condensed milk, full-fat crème fraiche, coconut milk powder, custard, cream, chocolate sauce, seedless jam, honey.

Do not use stringy or chewy cheese, or cheese with rind.
Hard cheese like cheddar, parmesan or red Leicester is best.
Always make sure it is melted and fully incorporated into your meal or snack.

Level 4 (Pureed Food)



Foods	<p style="text-align: center;">Puree all to Level 4 Use additional sauce or gravy to achieve the correct texture</p>	<p style="text-align: center;">Avoid</p>
<p>Meals All must include a source of protein such as meat, fish, eggs, pulses, cheese or vegetarian alternatives.</p>	<p>Tender meat, fish*, Quorn or tofu stew, casserole or curry served with potatoes.</p> <p>Mince and potatoes, corned beef hash or stovies.</p> <p>Shepherd's, cottage pie or fish pie* with soft mashed potatoes topping.</p> <p>Scottish black pudding (skin removed) and baked beans.</p> <p>Fish* in sauce.</p> <p>Tuna in mayonnaise with mash potato.</p> <p>Eggs – scrambled, baked, hard boiled or poached with sauce or mayonnaise.</p> <p>Lentils – cooked in sauce/gravy/stock e.g. Dahl or lentil casserole.</p> <p>Root vegetable curry with silken tofu – soft breadcrumbs can be added before pureeing.</p> <p>*Ensure all bones are removed from fish</p>	<p>Tough meat, fat or gristle.</p> <p>Cold or processed meat such as chopped pork, luncheon meat, sausage, burger, haggis.</p> <p>Meat, fish and poultry with bones, e.g. Chicken thighs, sardines.</p> <p>Fried/breaded/battered fish or poultry products, eg. fish cakes, chicken kiev, breaded turkey escallops, scotch egg.</p> <p>Pastry – any pies, pastries or sausage rolls.</p> <p>Pizza.</p> <p>Fried egg, Scotch eggs.</p>

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<p>Starchy carbohydrates Include with every meal</p>	<p>Porridge made with milk– may need to be sieved to remove husks. Ready Brek™ or instant porridge without bits made with milk. Weetabix soaked in plenty of warm milk with any excess drained off. Well cooked pasta. Potatoes, sweet potatoes without skins.</p>	<p>Porridge with bits such as Apple Ready Brek™ or multigrain varieties. Crisps, coarse and/or mixed texture cereals such as All-Bran™, Shredded Wheat™, muesli, bran flakes, corn flakes or Rice Krispies™. All bread and toast. Pancakes, bagels, pizza and other baked goods. Pasta with hard crispy toppings or crusts such as baked/toasted breadcrumbs, crisps cheese or hard baked pasta edges, Potatoes skins. Rice</p>
<p>Soup Always ensure that this is thickened to your appropriate drink level</p>	<p>Smooth soups containing meat, fish, lentils, split peas, silken tofu or with fortified milk, cheese, soft breadcrumbs or cream added for extra nourishment. Must be pureed to a smooth, consistent texture.</p>	<p>Soups with mixed texture and/or have not been pureed such as Scotch broth or chicken and rice.</p>

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Vegetables	<p>Tomatoes – tinned and sieved or fresh, skinned and deseeded (may need to thicken so liquid and solid do not separate).</p> <p>Well-cooked soft vegetables with no stalks, for example cauliflower and broccoli tops, carrot, turnip, parsnip, butternut squash.</p> <p>Baked beans and mushy beans – may need to be sieved.</p>	<p>Salads and salad vegetables – lettuce, cucumber, raw carrot, onions, peppers, celery, coleslaw.</p> <p>Raw or under cooked (al dente) vegetables.</p> <p>Mushrooms, peppers, courgettes.</p> <p>Peas, sweetcorn, runner beans.</p> <p>Kidney, borlotti, broad or black eyed beans.</p>
Fruit	<p>Soft fresh fruit such as banana.</p> <p>Kiwi fruit, strawberries, raspberries, sieved to remove seeds.</p> <p>Melon – excess fluid drained and may require thickening.</p> <p>Stewed apples or pears with skins removed.</p> <p>Soft tinned fruit – pears, peaches, nectarines, mandarins.</p> <p>Fruit puree.</p> <p>Fruit snack tubes or pouches such as GoGo Squeeze™, Heinz Fruit Pouches™ or shops' own brand may be suitable.</p> <p>Fruit smoothie – may need to be sieved.</p>	<p>Hard and/or mixed texture fresh fruit such as pineapple, apple, orange and other citrus fruits.</p> <p>Dried fruit.</p>
Dairy and alternatives	<p>Cream and soft cheese, for example mascarpone, ricotta, soft goats' cheese, full fat Philadelphia™.</p> <p>Natural yoghurt, fromage frais, crème fraiche and cream can all be added to savoury dishes.</p> <p>Silken tofu can be used in sauces, soups and desserts as a substitute for cream – always blend it well to ensure it is smooth and fully incorporated.</p>	<p>Solid pieces of cheese</p> <p>Cheese with rind.</p> <p>Stringy cheese such as mozzarella or gruyere.</p> <p>Chewy cheese such as halloumi or paneer.</p>

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Desserts and sweet snacks	<p>Smooth yoghurt or fromage frais.</p> <p>Thick custard or semolina.</p> <p>Trifle with soft fruit – may need to be sieved.</p> <p>Plain sponge with thick custard.</p> <p>Rice pudding with seedless jam.</p> <p>Mousse or whips.</p> <p>Smooth syrup style sauces such as chocolate or fruit flavour.</p> <p>Fruit smoothie – may need to be sieved.</p>	<p>Yoghurt with bits, e.g. fruit, nuts, toffee, chocolate.</p> <p>Cheesecake.</p> <p>Pies and sweet pastries.</p> <p>Crumbles.</p> <p>Meringue.</p> <p>Biscuit, cookies, doughnuts.</p> <p>Sweets – mints, boiled, chocolate</p>
Savoury snacks	<p>Avocado liquidised with yoghurt, mayonnaise or cream cheese.</p> <p>Fortified smooth soups.</p> <p>Smooth nut butter mixed with cream or milk to Level 4 Pureed food.</p> <p>Soft cream cheese, smooth pate, humus and meat/fish/bean paste.</p> <p>These can be eaten on their own.</p>	<p>Crisps, nuts, pretzels, Bombay mix, crackers, flatbread.</p>

Sample meal plan



Meal	Day 1	Day 2
Breakfast	<p>Pureed fruit.</p> <p>Porridge made with milk, pureed and sieved.</p> <p>Hard-boiled egg pureed with mayonnaise.</p>	<p>Fruit juice.</p> <p>Weetabix™ pureed with milk.</p> <p>Smoked fish mousse.</p>
Mid morning	See snack ideas	See snack ideas
Lunch	<p>Pureed tuna mayonnaise and mashed potato.</p> <p>Pureed banana and custard.</p>	<p>Lentil soup pureed with soft breadcrumbs and grated cheddar cheese until smooth, consistent texture.</p> <p>Pureed fruit and smooth yoghurt.</p>
Mid afternoon	See snack ideas	See snack ideas
Evening meal	<p>Pureed shepherd's pie with broccoli tops.</p> <p>Rice pudding and seedless jam.</p>	<p>Pureed chicken casserole and potatoes and carrots.</p> <p>Plain sponge and thick custard.</p>
Bedtime	Thickened hot milky drink, e.g. hot chocolate or hot malted milks such as Horlicks™, Ovaltine™ etc.	Thick fruit smoothie

Further information

If you have any queries about your diet, please do not hesitate to contact the dietetic team.

Dietetic Department
North Devon District Hospital
Barnstaple
Telephone: 01271 322306 (Monday- Friday)

Useful websites

International Dysphagia Diet Standardisation Initiative (IDSSI)

Website: <https://iddsi.org/>

Nutrition and Diet Resources (NDR)

Website: <https://www.ndr-uk.org/>

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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