

Pureed Diet for Dysphagia

A special diet for children with swallowing problems

Dysphagia pureed diet

Your child has been put on a special diet for children with swallowing difficulties or dysphagia (*dis-fah-ge-a*). All solid foods that your child eats should have a smooth, pudding-thick texture and not require any chewing. This texture is called pureed. Many foods can be blended to a puree in a blender or food processor. We call this diet of smooth foods a dysphagia pureed diet.

Liquids are separate from solid foods. This flyer only addresses solid foods. Your child may have liquid restrictions, so please ask your child's doctor or dietitian what liquids are right.

Here is a list of some foods you can give your child on a pureed diet and those foods to avoid.

Food group	Foods to give	Foods to avoid
Dairy products	<ul style="list-style-type: none"> • Smooth pudding • Smooth yogurt • Ice cream • Pureed cheese 	<ul style="list-style-type: none"> • Coarse or textured pudding (tapioca) • Yogurt and ice cream with fruit, nuts or seeds
Bread and cereals	<ul style="list-style-type: none"> • Pureed breads and sandwiches • Cooked cereal (Cream of Wheat, cream of rice, grits, farina-type cereals) • Pureed pancakes or waffles • Pureed sweet rolls or pastries • Pureed French toast • Instant oatmeal (without fruit) 	<ul style="list-style-type: none"> • All other non-pureed breads, rolls, crackers, biscuits, muffins • All dry cereals • Any cooked cereals with chunks, lumps or seeds • Sweet rolls or pastries with chunks, lumps, pulp or seeds • "Old fashioned" or lumpy oatmeal
Fruits	<ul style="list-style-type: none"> • Pureed fruits without chunks, lumps, pulp or seeds • Stage 2 baby foods 	<ul style="list-style-type: none"> • Watery pureed fruits • Whole fruits (fresh, frozen, canned or dried)

Pureed Diet for Dysphagia

Food group	Foods to give	Foods to avoid
Vegetables	<ul style="list-style-type: none">• Pureed vegetables without chunks, lumps, pulp or seeds• Tomato paste• Stage 2 baby foods	<ul style="list-style-type: none">• All other non-pureed vegetables• Thin tomato sauce or juice or tomato sauce with seeds
Starches	<ul style="list-style-type: none">• Pureed potatoes or prepared potato flakes (can be mixed with gravy, butter, margarine or sour cream)• Pureed pastas• Pureed bread dressing/stuffing• Pureed rice porridge• Pureed casseroles	<ul style="list-style-type: none">• Lumpy mashed potatoes• All other non-pureed potatoes, rice and pasta• Cooked grains, like couscous• Rice (steamed, fried)• Casseroles with lumps
Meats and meat substitutes	<ul style="list-style-type: none">• Pureed meats• Pureed legumes or legume spread (hummus)• Pureed scrambled eggs• Pureed soufflés• Pureed tofu• Stage 2 baby foods	<ul style="list-style-type: none">• Whole or ground meats, fish or poultry• Non-pureed lentils or legumes• Non-pureed, fried, scrambled or hard-cooked eggs• Peanut butter
Soups	<ul style="list-style-type: none">• Soups are not appropriate	<ul style="list-style-type: none">• All soups

Pureed Diet for Dysphagia

To Learn More

- Nutrition
206-987-4758
- Ask your child's nurse or doctor
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY).

Food group	Foods to give	Foods to avoid
Fats	<ul style="list-style-type: none"> • Butter, margarine, sour cream, mayonnaise, cream cheese, whipped topping • Strained gravy blended into other purees 	<ul style="list-style-type: none"> • All fats with coarse or chunky additives
Sweets and desserts	<ul style="list-style-type: none"> • Smooth pudding • Smooth custards • Pureed rice pudding • Ice cream • Thick "smoothies" • Pureed desserts • Stage 2 baby foods 	<ul style="list-style-type: none"> • Coarse or textured puddings (non-pureed bread and rice pudding) • Ice, gelatins, Popsicles, frozen juice bars • Non-pureed cookies, cakes, pies, pastries • Ice cream with fruit, nuts or seeds
Other flavorings that may be blended into purees:	<ul style="list-style-type: none"> • Sugar, artificial sweeteners • Salt, finely ground pepper and spices • Ketchup, mustard, BBQ sauce, salad dressings and other smooth sauces, like cheese sauce • Honey, smooth jellies 	<ul style="list-style-type: none"> • Coconut • Coarsely ground pepper and herbs • Seeds, nuts, sticky foods, chewy candies (caramels or licorice) • Chunky fruit preserves and seedy jams

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2003, 2007, 2010, 2013 Seattle Children's, Seattle, Washington. All rights reserved.

9/13
PE420