

Center for Digestive Diseases  
and Cary Endoscopy  
1120 SE Cary Parkway Ste 204  
Cary, NC

## Pureed Diet

Purpose : The diet provides foods that need little chewing and are easily swallowed.  
The pureed diet includes strained, pureed, soft cooked eggs, and liquid foods.

How to puree food :

1. Chop solid food ( such as chicken or beef) into small pieces
2. Place food in blender or food processor
3. Add liquid such as milk, fruit juice, vegetable juice, gravy or broth to blender or processor.
4. Use as little liquid as possible to make it smooth.

### Suggested Meal Plan

<b>Breakfast</b>		<b>Lunch &amp; Dinner</b>	
Pureed fruit	1 serving	Strained cream soup	6 oz.
		Pureed meat or entree	1 serving
Cooked Cereal	½ cup	Whipped potato w/gravy	½ cup
Egg soft scrambled	1 serving	Pureed vegetable	1 serving
		Pureed fruit or dessert	1 serving
Fat reduced milk	1 cup	Fat reduced milk	1cup
Margarine	1 tsp	margarine	1 tsp.
Sugar	.	Sugar	2 tsp
Salt		Salt	
Pepper		Pepper	
Coffee	1 cup	Iced Tea	1 cup

## Pureed Diet

	Allowed	Not allowed
Beverages	All	
Breads	None	All
Cereal	Cream of Wheat, Grits, smooth cooked cereal Soak in syrup Pancakes, French toast, muffins	Lumpy, dry, cold cereal with added fruit and nuts
Desserts	Pudding, custard, ice cream, sherbert, jello, <i>wet</i> cake, cream pie, blenderized desserts, fruit yogurt, milkshakes	No whole fruits, nuts
Miscellaneous	Margarine, butter, oil, cream, mayonnaise, gravy and salad dressing Salt, pepper, mild herbs & spices, condiments, vinegar, vanilla & flavorings	All others Nuts, nut butters, peanut butter pickles, popcorn
Fruit	All juices, any pureed applesauce, mashed banana	No seeds, pits, raw, canned, frozen unless pureed.
Meat or meat substitute	Pureed: beef, chicken, turkey, liver, veal, lamb, baked or broiled fish. Cheese sauces, ricotta & cottage cheeses, any melted cheese Eggs: poached or scrambled Hummus	Hard boiled eggs
Starches	Whipped, mashed, pureed white or sweet noodles, pureed rice	Baked or fried potato, fried snack foods
Soups	Cream soups, broth, bouillon, consomme	All others
Vegetables	Any pureed vegetables, juices tomato sauce	Whole vegetables or raw
Sweets	Sugar, honey, jelly, syrup, hard candy, milk chocolate	Any seeds, nuts, dried fruit, coconut