



Adult Speech and Language Therapy

&

Nutrition and Dietetic Services

Patient Information Leaflet

Level 4 – Pureed Diet



The Departments of Speech and Language
Therapy & Nutrition and Dietetics do not
accept responsibility for the inappropriate use
of this information

Your Speech & Language Therapist has advised that you change the texture of your diet to make it easier and safer for you to swallow. You have been advised to have a pureed diet.

General Description

- Food has been pureed or has a smooth texture
- Usually eaten with a spoon
- There should be no “bits” or lumps. It may need to be sieved to achieve this
- Does not require chewing
- It is moist, with no loose fluids separated off and it is not sticky
- It holds its shape on a spoon
- Falls off a spoon in a single spoonful when tilted
- It can be piped, layered or moulded

Testing Methods

- IDDSI Fork Drip Test:
 - Level 4 pureed diet should sit in a mound or pile on a fork, and not dollop or drip through the prongs continuously
- IDDSI Spoon Tilt Test:
 - The food holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked (food should not be sticky)

Check before serving:

- No hard pieces, crust or skin has formed during cooking/ heating/standing.
- Fluid/gravy/sauce/custard has not thinned out or separated off.
- Any fluid, gravy, sauce or custard in or on food must also be thickened to correct consistency.

Foods to avoid

These foods must be avoided to prevent choking:

(Please note this is **not** an exhaustive list)

- Mixed consistencies or food with loose fluid. For example, Ready Brek where milk has separated off, lumpy soups
- Hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits - boiled sweets, toffees, pineapple, runner beans, salad items, dry toast, pie crusts, pastries, biscuits, crisp, apples, cracker, crumble toppings, etc.
- Foods with pips, seeds, skin, outer shell, husks, bone or gristle - nuts, seeds, peas, beans, sweetcorn, grapes, tomatoes, onion, fatty meat, chicken drumsticks, etc.
- Tough meats - Steak, pork sausages etc.
- 'Floppy Foods' - Lettuce, baby spinach leaves, rocket, etc.
- Fibrous foods - Celery, pineapple, etc.
- Juicy foods – Watermelon, pineapple, grapes, mango, etc.
- Sticky/Claggy food types – Peanut butter, marshmallows, cheese chunks, pasta etc.
- Large chunks of food

Foods for Special Consideration

Some foods turn to liquid in your mouth; these foods need to be avoided if you require thickened fluids.

- Jelly is **not** appropriate for anyone taking **thickened fluids**
- Ice-cream is **not** appropriate for anyone taking **thickened fluids**

Nutrition

A pureed diet can be low in iron, vitamin C and folate.

Iron

Include pureed foods that are high in iron in your diet, for example:

- Liver and red meats
- Egg
- Fortified cereal e.g. Ready Brek
- Cocoa and chocolate – use in sauces and desserts
- Green leafy vegetables

Vitamin C

To make sure you get enough vitamin C drink at least one glass of fruit juice or fruit drink with added vitamin C each day (thicken as required).

Folate

Pureed foods high in folate include:

- Liver and red meat
- Fortified cereal e.g. Ready Brek
- Yeast and beef extracts. For example, Marmite, Bovril etc.

Constipation

If you experience constipation, try to include as many pureed fruits and vegetables in your diet as possible. For example, turnip, carrot, stewed apples, apricot puree. Make thick soups with lentils and vegetables (blended to remove lumps) and ensure you are drinking enough fluids (thickened as required).

Weight Changes

Keep an eye on your weight, report any concerns you have about your weight to your GP, Dietician, Community Nurse or Practice Nurse.

If you need to use nutritional supplements, your **Dietician** will advise which ones you should use and how much you should take.

As pureeing can reduce the nutritional content of your meals, it is necessary to fortify or enrich your diet to ensure you get adequate calories and protein. Fortification is where we add extra calories and protein without increasing volume. All recipes in this booklet are fortified and the following tips may help:

- Use fortified whole milk (see recipe on p8) rather than semi skimmed/ skimmed milk
- Don't use water to blend, use sauces, cream, fortified milk or dairy free alternatives
- Add butter or margarine and cheese to savoury dishes
- Add sugar, honey, dessert sauces, butter to sweet dishes

Ideas for extra flavour

- Herbs and spices, smooth mustard, smooth chutney, bottled sauce. For example, tomato, Worcestershire, brown, BBQ, salad cream, mayonnaise, etc.
- Treacle, honey, seedless jam, lemon curd
- Sauces and pickles – tomato sauce, brown sauce, apple sauce, tartar sauce, sauces and pickles with no hard lumps
- Jams & preserves – seedless jams, lemon curd, shredless marmalade, chocolate spread

Tips for success

To improve the success of managing a pureed diet, here are some useful tips

Make food look tempting:

- Don't blend foods together that would normally be served separately e.g. meat and potatoes, continue to puree and serve separately
- Avoid foods of a similar colour on a plate as this is unappealing e.g. white fish, potato and cauliflower, choose contrasting colours
- Use piping bags, food moulds and scoops to add shape and make food look attractive

Food is easier to blend when hot

Save time and bulk cook meals and freeze portions

- Allow to cool, cover, label and freeze portions
- Allow to thaw completely before reheating and make sure food is piping hot before serving

Make your favourite meals and adapt them using the tips below, so you can continue to enjoy them

Fluid

It is important to make sure you drink enough fluid to keep you well hydrated.

Six-to-eight glasses is recommended daily

*It is important to remember to **thicken your drinks** if you have been advised to do so by your speech and language therapist.

Ready Meals

Many ready meals from supermarkets are suitable to be pureed at home. Some food company services can deliver frozen pureed meals and desserts once a week, ask your dietitian for more information.

Useful Equipment

Hand held blender

- Useful for quick blending of foods in a pan or a jug

Liquidizer/ food processor

- Best for pureeing foods of different textures , more fibrous foods or chunky foods e.g. casseroles, chicken breasts, peas
- **Don't** put boiling water into a blender

Hand held whisk

- Useful for mixing in milk powder, flour or thickeners

Sieve

- Some foods may need to be sieved after blending to make sure all lumps/bits or fibrous material has been removed e.g. puree fruit, sweetcorn, beans, porridge

Food moulds/ scoops/piping bag

- Moulds are available from the companies that produce thickeners. Ask your dietitian about these.
- Ice cream scoops are useful for moulding mashed potato and vegetables
- Piping bags are good for creating the appearance of different textures and for shaping/ layering foods e.g. piped layer of pureed mince and piped layer of mashed potato on top

Puree recipes

Multi – use recipes

(Starchy Carbohydrates)

Mashed Potato
Ingredients
(120g) 2 average old potato or 4 new potatoes 2 tablespoons Whole Milk 2 tablespoons Double Cream 1 heaped tablespoon Skimmed milk powder 1 teaspoon Butter
Method
<ul style="list-style-type: none">• Peel and boil the potatoes until soft• Drain the potatoes and place in a blender with the other ingredients, blend until smooth• Add thickener if the potato is too thin (potatoes change with season)

Pasta
Ingredients
50g gnocchi (pasta dumpling) 25ml double cream 25g parmesan cheese (finely grated)
Method
<ul style="list-style-type: none">• Bring gnocchi to the boil in a pan with water, cook for 10 minutes until well cooked and soft• Place the gnocchi and 100ml of the pan water into a blender with cream and parmesan cheese, blend until smooth• Add a thickener as required and blend for further 30 seconds (repeat this until consistency meets description on p2)

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Savoury Rice
Ingredients
25g Ground Rice 60ml Whole Milk 1 heaped teaspoon Skimmed milk powder 1 teaspoon Butter ¼ stock cube Turmeric powder
Method
<ul style="list-style-type: none"> • Bring ground rice to the boil in a pan with water, cook until well cooked and soft • Place the cooked rice into a blender with the other ingredients and blend until smooth • Add 1 thickener if the rice is too thin to meet descriptions on p2 • Sprinkle a small amount of turmeric powder into a muffin tray to give a savoury rice colour, spoon the rice mixture in and freeze. • Pop the rice moulds out and reheat before serving.

Breakfast

Porridge
Ingredients
30g Ready Brek or other powdered porridge 100ml Fortified milk 50ml double cream
Method
<ul style="list-style-type: none"> • Mix the ready brek with the fortified milk and double cream and use packet instructions to heat
<u>Serving suggestion:</u> Add a teaspoon honey or seedless jam to taste, mix into porridge before serving

Baked Beans (Cooked Breakfast)
Ingredients
200g baked beans in tomato sauce 30g (2 tablespoons) butter or margarine
Method
<ul style="list-style-type: none"> • Place the beans in tomato sauce and butter into a blender and blend until smooth (use a sieve if needed) • Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Use a pea mould (50g x 4 servings) or scoop to serve (100g x 2 servings)

Sausages (Cooked Breakfast)
Ingredients
150g cooked sausages (skins removed), smooth sieved sausage meat 100ml beef stock 30g skimmed milk powder
Method
<ul style="list-style-type: none"> • Heat beef stock and gradually add milk powder to create a paste • Place sausages and stock into a blender and blend until smooth • Add 2 scoops thickener and blend for further 30 seconds • Check consistency meets the description on p2, add more thickener and blend further if required • Use a sausage mould, freeze and reheat before serving or pipe into sausage shapes and serve (2 servings or 2 sausages)

Light Meals

Thick Soup
Ingredients
Any soup (homemade or ready-made, sieve so no mixed consistencies) 1 tablespoon double cream 1 tablespoon skimmed milk powder
Method
<ul style="list-style-type: none"> • Heat gently in a pan, add skimmed milk powder gradually as stirring • Use a blender or stick blender to make the soup a smooth consistency • Stir in the double cream before serving

Jacket Potato with cheesy baked beans
Ingredients
2 x Mashed potato recipe excluding skin 1 x Baked beans recipe (from breakfast) 50g grated cheddar cheese
Method
<ul style="list-style-type: none"> • Create the Mashed potato recipe (double quantity), once blended add 2 scoops thickener and blend for further 30 seconds • Shape thick mixture on a plate to resemble a large baked potato, now cut the potato down the middle • Create the Baked beans recipe, adding in the grated cheese when blending • Pipe/spoon the puree cheesy beans into the baked potato cut
Serving suggestion: Sprinkle a little turmeric or paprika to the shaped potato to suggest a baked appearance

Main Meals

Fish pie (2 portions)
Ingredients
200g white fish (no skin, bones) 1 onion, chopped 2 Broccoli florets, roughly chopped (well cooked) 200mls whole milk 20g Butter Capers (to preference) Salt and pepper to taste 80g grated cheddar cheese Mashed potato recipe (see p8)
Method
<ul style="list-style-type: none">• Place fish, butter, milk, onion, broccoli and capers in a pan• Poach fish until cooked (around 10 minutes)• Place mixture in blender, add cheese and blend until smooth• Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)• Pipe the fish into a small dish / pipe directly onto a plate, creating a deep circle / pipe into a greased scone cutter• Top with piped mashed potato recipe to make into a fish pie
<u>Serving suggestion:</u> Serve with peas (see p17)

Cottage Pie (2-3 portions)
Ingredients
1 Teaspoon olive oil 300g beef mince ½ onion, finely diced ½ carrot, finely diced ½ celery stick, finely chopped 1 garlic glove, crushed 1 teaspoon plain flour 2 teaspoons tomato paste 50ml red wine 250ml beef stock 1 tablespoon Worcestershire sauce Salt/ pepper and thyme herb to taste Mashed potato recipe (see p8)
Method
<ul style="list-style-type: none">• Heat oil in large saucepan, fry the mince until browned, add the vegetables and cook on a gentle heat until soft (about 20 minutes)• Add the garlic, sieved flour and tomato puree, increase the heat and cook for several minutes• Pour in the wine, boil to reduce it slightly

<ul style="list-style-type: none"> • Add the beef stock, Worcester sauce, thyme and seasoning to taste and reduce the heat to a simmer – cook for 30-45minutes uncovered • Place the cottage pie filling into a blender, and blend until smooth • Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Pipe the filling into a small dish / pipe directly onto a plate, creating a deep circle / pipe into a greased scone cutter • Top with piped mashed potato recipe to make into a cottage pie
<u>Serving suggestion:</u> Serve with carrots (see p17)

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Chicken Curry (3 portions)
Ingredients
100g chicken 100g Jar curry sauce e.g. Korma (or homemade sauce) 1 tablespoon skimmed milk powder 1 tablespoon double cream
Method
<ul style="list-style-type: none"> • Cook the chicken in a covered oven proof dish (to keep it moist) • Add the cooked chicken and other ingredients to a blender, and blend until smooth • Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Place the chicken curry into the chicken mould (makes 3), freeze and reheat before serving
<u>Serving suggestion:</u> Serve with savoury rice (see p9), and try some shop bought smooth mango chutney if appropriate
Sausage and Mash (2 portions)
Ingredients
200g Good quality sausages e.g. Cumberland (remove the casings/skins and sieve) 100ml double cream 1 heaped tablespoon skimmed milk powder 1 teaspoon brown sugar Parsley herb and Black pepper to taste paprika
Method
<ul style="list-style-type: none"> • Cook the sausages in a covered oven proof dish (to keep them moist) • Place the cooked sausages into a blender with the rest of the ingredients (not the mashed potato), blend until smooth • Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Use a sausage mould, sprinkle a little paprika into the mould prior to filling to create a cooked effect on the finished sausages (creates 6). Freeze and reheat before serving (3 sausages is one portion) • Alternatively pipe 2-3 sausage shape onto a plate and serve
<u>Serving suggestion:</u> Serve with 1-2 scoops of mashed potato (see p8) and peas

(see p17)

**Roast Beef and stuffing (3 portions)
(or chicken / lamb/ turkey/ pork)**

Ingredients

150g cooked roast beef
200ml Beef gravy
2 heaped tablespoon skimmed milk powder
150g stuffing (make the mix up with half water, half whole milk)
1 tablespoon double cream
1 heaped teaspoon butter

Method

- Place the beef, gravy and 1 tablespoon milk powder into a blender and blend, sieve until smooth
- Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)
- Place the puree beef into the sliced meat mould (makes 3) or chicken mould if doing roast chicken. Freeze and reheat before serving
- For the stuffing, place it and the cream, butter and other spoon of milk powder into a clean blender and blend until smooth
- If required add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)
- Serve stuffing with a scoop ensure that it is soft not crispy (makes 3)

Serving suggestion: Serve with 1-2 scoops of mashed potato (see p8) and variety of
veg e.g. carrots, parsnip (see p17)

Meatballs (2 portions)

Ingredients

200g beef or pork mince
1 tablespoon olive oil
100g tinned chopped tomatoes
100g water
1 tablespoon tomato puree
½ onion, finely chopped
1 garlic clove, crushed
Smoked paprika
Dried mixed herbs/ salt and pepper to taste

Method

- Heat the oil in a pan and gently brown the mince for 10 minutes, add the onion, garlic, smoked paprika and cook for a few minutes longer
- Add the water, tinned tomato, tomato puree and seasoning to taste and simmer the dish with a lid on for 30 minutes
- Place the mixture into a blender and blend until smooth
- Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)
- Scoop the mixture to create balls to place onto the pasta (4 x 50g balls per

portion)

Serving suggestion: Serve with Pasta piped into a base for the meatballs to be scooped onto (see P8)

Chicken Fajitas (3 portions)

Ingredients

100g chicken
100ml whole milk
½ teaspoon Fajita spice mix (or to taste)
50g Jar guacamole (or homemade)
50g Jar salsa (or homemade)

Method

- Cook the chicken with the fajita mix sprinkled over in a covered oven proof dish (to keep it moist)
- Add the cooked chicken and whole milk to a blender, and blend until smooth
- Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)
- Place the chicken fajita into the chicken mould (makes 3) freeze and reheat before serving
- For the guacamole and salsa, blend them separately using a stick blender/ blender and thicken as required
- Spoon one spoonful of each onto the plate next to the reheated chicken

Serving suggestion: Serve with savoury rice (see p9)

Pork and Bean Casserole (2-3 portions)

Ingredients

200g pork mince/ diced/ sieved
100g tinned chopped tomato
100ml stock (your choice of flavour)
100g baked beans in tomato sauce
1 tablespoon double cream
1 tablespoon olive oil
½ onion, finely chopped
½ carrot, chopped
½ courgette, chopped
Smoked paprika
Salt/ pepper and sage herb to taste

Method

- Heat the oil in a pan, add the pork and gently cook for 10 minutes, add the vegetables and smoked paprika to taste and cook for a further 5 minutes
- Add the rest of the ingredients and cook on a low heat for 30 minutes with a lid on
- Place the ingredients into a blender and blend until smooth

- Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)
- Pipe/spoon into a greased scone cutter (as large as you can manage)

Serving suggestion: Serve with your choice of mashed potato or savoury rice (see p8/9), and baked beans (see p17)

Vegetarian

(Many of the “Main dishes” can be adapted to use Quorn alternatives)

Macaroni Cheese (4 portions)
Ingredients
100g macaroni pasta raw 415mls Whole milk 50g grated cheddar cheese 100g cheese sauce (shop bought or homemade)
Method
<ul style="list-style-type: none"> • In a large pan, gently heat the milk, add the macaroni and increase to a medium heat • Let the pasta cook and absorb the milk, stir often • Place the cooked pasta, grated cheese and cheese sauce into a blender and blend until smooth • If required add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Scoop the macaroni or pipe/spoon into a greased scone cutter (as large as you can manage)
<u>Serving suggestion:</u> Serve with mashed potato (see p8) and peas (see p17)

Sweet potato and vegetable casserole (4 portions)
Ingredients
1 tablespoon olive oil 150g sweet potato, diced 200g mixed chopped veg (your choice) 125ml vegetable stock 30g chickpeas 10g red split lentils Salt/ pepper/ mixed herbs to taste
Method
<ul style="list-style-type: none"> • Heat the oil in a pan and add the sweet potato and vegetables and cook on a medium heat for 10 minutes until soft • Add the chickpeas and cook for a further 5 minutes • Add the seasoning to taste, lentils and stock and reduce the heat, place a lid and cook for 30-40 minutes until the lentils are cooked and sieve • Place the ingredients into a blender and blend until smooth

- Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)
- Pipe/spoon into a greased scone cutter (as large as you can manage)

Serving suggestion: Serve with your choice of mashed potato or savoury rice (see p8/9) and a vegetable of your choice (see p17)

Moroccan Curry (3-4 portions)

Ingredients

1 tablespoon butter
 150g sweet potato, diced
 ½ onion, finely chopped
 15g red split lentils
 ½ apple, diced
 1 tablespoon sultanas
 150ml vegetable stock
 50ml double cream
 1-2 tablespoon mango chutney
 Curry powder/ salt/ pepper to taste

Method

- Heat the butter in a pan, add the sweet potato, onion and curry powder and cook for 10 minutes
- Add the apple and sultanas, and cook for a further few minutes
- Add the rest of the ingredients and reduce the heat, place a lid and cook for 30-40 minutes until the lentils are cooked
- Place the ingredients into a blender and blend until smooth and sieve
- Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)
- Pipe/spoon into a greased scone cutter (as large as you can manage)

Serving suggestion: Serve with savoury rice (see p9) and broccoli (see p17)

Vegetables

Peas (1-2 Portions)

Ingredients

100g Garden peas
 1 tablespoon (15g) Butter

Method

- Boil the peas in a pan over a medium- high heat, until soft and cooked.
- Place drained peas into a blender with the butter, blend until smooth (if the mixture is too dry, use a little vegetable stock)
- Use a sieve to remove any difficult to blend skins/ husks/ fibrous material
- Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2)

- Pipe or scoop the puree peas as part of a meal/ dish as required

Other vegetables that can be blended in the same way include:

Carrots

Parsnips

Broccoli

Swede

Cauliflower (can use cheese sauce to blend to make cauliflower cheese)

Desserts and Snacks

Sticky toffee pudding (2 portions)
Ingredients
Individual sticky toffee pudding (shop bought or 130g homemade) 100ml whole milk 50ml double cream 1 tablespoon skimmed milk powder
Method
<ul style="list-style-type: none"> • Place all ingredients into a blender and blend until smooth • If required add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Scoop into a bowl to serve
<u>Serving suggestion:</u> Serve with custard made up with fortified milk
Rice Pudding (4 Portions)
Ingredients
50g easy cook white rice or pudding rice (raw) 200ml Whole milk 200ml double cream 2 heaped tablespoons skimmed milk powder 1 tablespoon sugar
Method
<ul style="list-style-type: none"> • Traditional method – Heat the milk in pan, add this to a greased oven proof dish and stir in the rice, sugar and double cream. Place the dish into a preheated oven at 140°C and cook for 2 hours, until the rice is cooked and the mixture is wobbly. • Quick method – Place rice, milk, cream and sugar into a deep pan, bring the mixture to the boil gently, then simmer very gently for 30-35 minutes or until the rice has absorbed all the liquid. • Place the cooked rice pudding into a blender, add the milk powder and blend

<p>until smooth (add extra milk if the mixture is too thick/ sticky)</p> <ul style="list-style-type: none"> • If required add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Scoop into a bowl to serve
<p><u>Serving suggestion:</u> Serve with seedless jam or honey to preference</p>

Scone (1 portion)
<p>Ingredients</p> <p>1 plain scone (60g) 120ml double cream 1 teaspoon seedless jam</p>
<p>Method</p> <ul style="list-style-type: none"> • Place the scone and cream into a blender, blend until smooth • Add 1 scoop thickener and blend for further 30 seconds (repeat this until consistency meets description on p2) • Place jam into a small bowl and whisk in thickener until consistency meets description on p2 • Pipe/spoon the scone mixture into a greased scone cutter, top with the thickened jam to serve • Can multiply the recipe up and do several scones and freeze for another time

Mousse (4 portions)
<p>Ingredients</p> <p>1 packet instant dessert 150ml whole milk 150ml double cream 4 tablespoons skimmed milk powder</p>
<p>Method</p> <ul style="list-style-type: none"> • Place the instant dessert into a mixing bowl and add the milk powder • Add both the milk and cream and whisk in quickly until all powder is absorbed • Separate the mixture into 4 cups/ bowls for serving • Place the mixture in the fridge to set, then serve

Pannacotta (4 portions)
<p>Ingredients</p> <p>375ml whole milk 375ml double cream 80g caster sugar 1 teaspoon vanilla extract 3 x 5g vegetarian gelatine sheets (vegetarian does not break down in the mouth)</p>
<p>Method</p>

- Bring milk, cream, sugar and vanilla to the boil, remove from the heat.
- Add the gelatine and stir to dissolve. Strain the liquid and pour into 4 x 175ml ramekins/ dariole moulds
- Place in the fridge overnight to set
- To serve, use a spatula or knife to work the pudding away from the edges, stand moulds in boiled water for a few seconds
- Tip the puddings (shake to dislodge) into a bowl

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Reading and recipes

For more information there are some helpful websites, books and social media groups which you can use.

Recipes

1. Nutilis puree recipes **website** (videos) - <http://nutilis.com/recipes>
2. Thicken up clear recipes **website** - <https://www.thickenupclear.com/dysphagia-recipes>
3. Thick and Easy website - <http://www.dysphagia.org.uk/thick-and-easy>
4. Dysphagia recipes **website** (videos) - <http://dysphagiarecipes.com/recipes/>
5. Don't give me eggs that bounce **book** by Peter Morgan-Jones (Australian texture terms – use SP, smooth puree)
6. Essential Puree - The A to Z Guidebook: 67 Delicious Recipes for the Dysphagia Diet & Soft Food Diet **book** by Diane Wolff

*Nutilis and Thick and easy companies can be contacted for **free** recipe books

Meal providers

1. Wiltshire farm foods – can deliver weekly frozen meals and puddings
2. Oakhouse foods - can deliver weekly frozen meals and puddings
3. Simply Puree (Punjab kitchen) – can deliver weekly frozen meals and puddings

Support and information

1. Twitter – Swallowing matters group
2. Websites/ Facebook – Dysphagia cafe

References

*1 – recipe taken from Nutilis website

*2 – recipe taken from “Don’t give me eggs that bounce” by Peter Morgan-Jones book

County Durham and Darlington NHS Foundation Trust

Adult Speech and Language Therapy

University Hospital Of North Durham, North Road, Durham, DH1 5TW

Darlington Memorial Hospital, Hollyhurst Road, Darlington, DL3 6HX

Bishop Auckland Hospital, Cockton Road, Bishop Auckland, DL14 6AD

Shotley Bridge Community Hospital, Consett, County Durham, DH8 0NB

Peterlee Health Centre, 2 Bede Way, Peterlee, SR8 1AD

Chester-le-Street Community Hospital, Front Street, Chester-le-Street DH3 3AT

Sedgefield Community Hospital, Salters Lane, Sedgefield, TS21 3EE

Nutrition and Dietetics

University Hospital Of North Durham, North Road, Durham, DH1 5TW

Darlington Memorial Hospital, Hollyhurst Road, Darlington, DL3 6HX

Shotley Bridge Community Hospital, Consett, County Durham, DH8 0NB

For General Enquires:

AHP Therapy Services

1st Floor, Education Building

Bishop Auckland General Hospital

Cockton Hill Road, Bishop Auckland

Co Durham, DL14 6AD

Tel: 01388 455 200

E: cdda-tr.centralbooking@nhs.net

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