

## Level 4 Pureed Diet

Information for patients, relatives and carers

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## Description / Characteristics

- No biting or chewing required.
- Usually eaten with a spoon (a fork is possible).
- Cannot be drunk from a cup or be sucked through a straw.
- Can be piped, layered or moulded.
- Shows some very slow movement under gravity but cannot be poured.
- Falls from a spoon in a single spoonful when tilted and continues to hold shape on a plate.
- No lumps.
- Not sticky.
- Liquid must not separate from solid
- Most foods will need to be blended and possibly sieved to achieve the correct consistency.
- It is possible to hold a sample of this consistency between fingers. It will be smooth and slide between fingers and leave a notable residue.

## Test Methods

### Fork test

- The prongs of a fork make a clear pattern on the surface, and/or the food retains the indentation from the fork
- No lumps
- It does not flow or drip continuously through the prongs of a fork.

## Spoon test

- Cohesive enough to hold its shape on the spoon
- Sits in a pile above a spoon
- A full spoonful must plop off the spoon if the spoon is tilted or turned sideways; a very gentle flick may be necessary to dislodge the sample from the spoon, but the sample should slide off easily with very little food left on the spoon. The sample should not be firm and sticky
- May spread out slightly or slump very slowly on a flat plate.

## Meal preparation tips:

- It is important that meals look attractive and appetising
- Where available, use food moulds, scoops or pipe to separate the different components of the meal
- Ensure foods are well cooked and season to add taste
- To maintain their nutritional quality always blend foods with nutritious fluids, e.g. gravy, sauces, milk or juices.

### *Important*

*Sauces must be added before blending OR if added afterwards must be prepared to level 4 consistency. This will ensure that the meal is the correct single, smooth texture.*

## Check before serving/eating

- No hard pieces, crusts or skins have formed during cooking/heating/standing
- Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.

## How to have a balanced diet:

**To maintain health, it is important to eat a balanced diet, therefore try to include the following food groups and portions:**

- Carbohydrates: e.g. potatoes, rice, pasta, and cereal (include a portion at each meal / 3 portions per day)
- Protein: e.g. fish, meat, chicken, eggs, lentils/pulses, meat alternatives, e.g. tofu or Quorn (2-3 portions per day)
- Fruit and vegetables: e.g. banana, strawberries, carrot, broccoli (5 portions per day)
- Dairy: e.g. cheese, yoghurt, milk or alternatives (3 portions per day)
- High fibre: e.g. oats and wholegrains and fruit (include a portion at each meal / 3 portions per day).

## Meal ideas

### **Breakfast:**

*Must be pureed.*

- Pureed fruit (e.g. banana, tinned peaches, raspberries, stewed apple) and smooth yoghurt/fromage frais
- Weetabix well soaked with milk fully absorbed and soft fruit
- Smooth porridge or instant oats with milk and soft fruit
- Homemade smoothie (e.g. fruit, oats and milk)
- Scrambled, boiled or poached egg, skinless sausage, tinned chopped tomato and potato.

## **Light meals:**

### ***Must be pureed.***

- Cream of soups (check fluid recommendations) with bread blended into the soup
- Omelette with cheese sauce
- Jacket potato filling with tuna mayonnaise, baked beans or cream cheese
- Tinned pasta meals e.g. ravioli, macaroni cheese, spaghetti bolognese
- Filling of a quiche.

## **Main meals:**

### ***Must be pureed.***

Ensure to have a portion of protein, carbohydrate and vegetables.

- Stews/casseroles
- Corned beef hash
- Cottage/shepherd's pie
- Bolognaise sauces with pasta
- Chilli con carne with sweet potato
- Chicken curry with sweet potato
- Flaked fish or salmon with potatoes, vegetables and parsley sauce.

## **Make your own meals:**

### *Must be pureed.*

- Roast meats or chicken with gravy (optional addition of sauces e.g. cranberry/mint/horseradish)
- Salmon with hollandaise sauce or white fish with parsley/butter sauce

Served with:

- Mashed potato, sweet potato, blended with milk
- Vegetables, e.g. carrots, cauliflower/cheese, broccoli, parsnips, mushy peas, butternut squash.

## **Desserts:**

### *Must be pureed.*

- Crème Caramel
- Mousse or instant whip
- Smooth milk puddings: semolina/ground rice
- Smooth yoghurts
- Soft fruit
- Sponge pudding with custard
- Panacotta
- Smooth fruit fool
- Cheesecake topping
- Egg custard filling
- Plain cake with cream or custard.

## What if I need to gain weight?

- Eat on a little and often basis
- Add additional double cream, sauces, butter, cheese, dried milk powder, or full fat milk or enriched milk to your meals and instead of your meals and desserts
- Add sugar, jam, honey or syrups to cereal and desserts
- Avoid all low fat or 'light' products
- Use full fat or thick and creamy food products
- Try to have a dessert or high calorie snack between meals
- Try to have a dessert, or pudding after main meals
- Avoid drinks just before meals
- Try to have milky/nourishing drinks between meals.







## Getting help:

If you notice changes to your own swallow (eating / drinking), or that of an individual you support or care for, please contact your local Speech and Language Therapy Team for advice.

### **Doncaster Speech and Language Therapy Service**

01302 796336

If you notice a reduction in appetite or weight, or that of an individual you support or care for, please contact your local Dietetic Team for advice.

### **Doncaster Dietetic Service**

01302 796410

### **Adult Learning Disability Team Speech and Language Therapy Service**

01302 796467

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**Amharic**

ይህንን ጽሑፍ በግልጽ እንዲታይዎ በትልቁ፣ በብራይል ተጽፎ ወይም በቲፕ ተተኪድ ወይም በሌላ ቋንቋ ተጽፎ ለሞቲድ የግጥም ክፍል ከዋና የሰነድ ምክርና ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ደውሎ ያገኙ።

**Arabic**

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بنظرة فبرجى الاتصال بخدمة التنسيق ونصيحة المرضى Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

**Bengali**

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েন্স সার্ভিসের সাথে যোগাযোগ করবেন।

**Cantonese (traditional Chinese)**

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病惠建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

**Czech**

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

**Farsi**

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، یا به زبان دیگری، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

**French**

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

**Kurdish Sorani**

ئەگەر ئێمە زانیاریاتە بە چۆنی گۆره، برائیل یان لەسەر شریتی دەنگی دەخوایزیت یاخود ئەم بەلگەنامەیە بە زمانێکی دیکە دەخوایزیت، تکلیه پامۆندی بکە بە خزمەتگۆزاری زینمایی و هاوناهاهنگی نەخۆشەوه بە ژماره 0800 015 4334.

**Polish**

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

**Punjabi**

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਨਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Somali**

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

**Turkish**

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kayıtları olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

**Urdu**

اگر آپ یہ بڑی چھاپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو براۓ کرم پیشاپیش ایڈوائس اینڈ لیژن سروس سے رابطہ کریں۔ 0800 015 4334

**Vietnamese**

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

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