



Trying to gain weight on a pureed diet (level 4)

Questions about pureed diets

How do I know if I require a pureed diet?

If you are experiencing a difficulty in swallowing food and or fluids, it is important that you are referred to a speech and language therapist by your GP. The speech and language therapist will assess your swallowing and recommend if you need to have altered consistency food and/or fluids; this may be a pureed diet (level 4).

Is it normal to lose weight on a pureed diet?

People who require a pureed diet often experience a reduced appetite and may lose weight. It is important to adapt your diet to enhance the nutrition of the food and drinks you are having, to ensure it is packed full of nutrition.

How do I know if my foods are the correct consistency?

There are simple testing methods to determine if your food is the correct consistency. These have been developed by IDDSI (International dysphagia diet standardisation initiative). To find out more on these testing methods visit:

<https://iddsi.org/framework/food-testing-methods/>

How can I adapt my pureed diet to help put on weight?

There are three main areas you can adapt your diet:

1. Having small nourishing snacks between your main meals.
2. Drinking nourishing drinks
3. Adding extra nutrition to certain food dishes

Information on all these areas is below.

When should I seek further help?

It is important to monitor your weight monthly. To determine your risk of undernutrition you can complete a nutritional screening tool, visit: <https://www.malnutritionselfscreening.org/>
If you are high risk of undernutrition and continue to lose weight, it is recommended you ask your GP to refer you to a dietitian.

If you are continuing to experience problems with swallowing food or drink, it is recommended you ask your GP to refer to the speech and language therapist.



Nourishing drinks

It is essential if the speech and language therapist has recommended you have thickened fluids, that all your nourishing drinks are thickened with your prescribed food thickener to the recommended consistency.

Examples of nourishing drinks are:

- Using fortified milk in all drinks
- Glass of milk
- Milkshake
- Milky coffee
- Milky hot chocolate
- Milky malted drinks
- Glass of fruit juice
- Smoothies
- Full sugar fizzy drinks or cordials
- Beer, cider, wine, sherry (check if suitable for any medications)



Fortified milk

Fortified milk is an excellent way to increase your calorie and protein intake without having to consume anything extra; you just swap your normal milk to fortified milk.

Ingredients

- 1 pint of semi skimmed or skimmed milk
- 5 heaped tablespoons of skimmed milk powder
- (or 1 heaped tablespoon of skimmed milk powder to each 100mls of milk)

Method

- Mix the skimmed milk powder with a small amount of milk to form a runny paste.
- Add the remainder of the milk, whisk until smooth
- Use one pint of fortified milk within 24 hours



Serving suggestions: it is important to thicken the fortified milk to your recommended fluid consistency.

- Use in instant oats at breakfast
- Add to tea and coffee
- Heat to prepare a fortified milky coffee, hot chocolate, or malted drink
- Mix with milkshake flavouring for a fortified milkshake

Tips on fortified milk

- If there are small amounts of milk powder which has not dissolved, pour the fortified milk through sieve prior to using.
- If the fortified milk tastes too creamy, use a lower fat milk such as semi skimmed or skimmed milk.

Nutritional information:

- Per pint: 535 calories, 47g protein



Nourishing snacks suitable for a pureed diet

It is important to have 3 small nourishing snacks daily. If you are preparing your own pureed snacks it is important to complete the IDDSI tests to ensure they are the correct consistency <https://iddsi.org/framework/food-testing-methods/>

- Smooth thick and creamy yoghurt
- Smooth fromage frais
- Smooth chocolate or fruit mousse
- Pureed fruit with cream
- Pot of semolina
- Fortified mousse
- Fortified custard*
- Pureed cakes*
- Pureed biscuits*
- Pureed scones*
- Pureed sandwich*



*video recipes are available for pureed snacks www.focusonundernutrition.co.uk/services/training/

Fortifying dishes suitable for a pureed diet

A fortified diet is when a food dish, such as custard, milk pudding, porridge or soup is adapted by adding everyday foods which are high in calories and protein. This does not increase the volume but can significantly increase the calories, protein, and other nutrients.

Whenever you are blending food items for a pureed diet, it is important to consider how you can add extra calories and protein. When you have prepared your pureed food it is important to complete the IDDSI tests to ensure the correct consistency: <https://iddsi.org/framework/food-testing-methods/>

How to fortify dishes, such as custard, semolina, smooth soup, and instant oats

- Skimmed milk powder is an excellent way to add extra protein. Double cream is fantastic at providing extra calories.
- Adding ONE heaped tablespoon of skimmed milk powder, mixed with TWO tablespoons of double cream, can provide an extra 185 calories and 5g protein.
- Try to fortify three dishes daily, for example instant oats, fortified custard, or semolina at lunch, then fortified smooth soup at your evening meal.
- When choosing a skimmed milk powder, try to use on which has at least 30g protein per 100g of skimmed milk powder.





Food boosters

When you are blending down food you may add extra calories by adding food items which add calories and other nutrients to your diet, these are called 'food boosters'. Examples of 'food boosters' could be:

- A handful of finely grated cheese (125 calories)
- A heaped teaspoon of cheese spread (75 calories)
- A teaspoon of honey (25 calories)
- A heaped teaspoon of smooth jam (50 calories)
- A tablespoon of full fat mayonnaise (225 calories)
- A heaped teaspoon of butter or margarine (75 calories)
- A heaped teaspoon of clotted cream (90 calories)
- Pouring two tablespoons of double cream (135 calories)
- A heaped teaspoon of mixed peanut butter (100 calories)
- A heaped tablespoon skimmed milk powder (50 calories)



If you are adding liquid when blending down the food, always try to use nutritious liquids, such as milk, meat juices, fruit juice, cream, condensed soups. Try not to use water.

Fortified mousse

Ingredients (4 portions)

- 1 packet of instant dessert
- ¼ pint (150mls) of double cream
- ¼ pint (150mls) of full cream milk
- 4 heaped tablespoons of milk powder

Method

- Place the milk powder and instant dessert powder into a bowl, whisk in the double cream and milk.
- Divide mixture between 4 small bowls and chill.
- Serve when set.

Nutritional information

- Per serving: 320 calories, 7.5g protein



*Video recipes and a recipe sheets on preparing pureed snacks and food dishes is available for carers and family on www.focusonundernutrition.co.uk/services/training/

For further information view the Focus on Undernutrition leaflets on:

- Nourishing drinks
- Fortified diets
- Fortified drinks

www.focusonundernutrition.co.uk/resources/free-resources

For information on pureed food recommendations and dysphagia guidance, visit <https://iddsi.org/>