

PUREED DIET PREPARATION GUIDELINES

1. GENERAL TIPS FOR BLENDING FOODS FOR PUREED DIETS:

- A. Always add **hot** water to blend any item.
- B. Put the water in the blender first before the food.
- C. Break apart item into smaller pieces before adding to blender for easier blending.
- D. Gently add pieces to the blender to avoid splashing up of hot water in the blender.
- E. If the item is too thin, add a little more of the food item to make it thicker.
- F. When blending the items start with a little water and add more water slowly until you reach the texture and consistency desired.
- G. For some items, you may need to blend more than one serving for the blades to make good contact with the food.
- H. Do not overload the blender as this will overwork the motor and make it wear out more quickly. Blend no more than three servings at a time.
- I. Use a spatula or scraper to push food into the blender and to help get the food out of the blender (CMS# 4187 rubber scraper, 10").
- J. Freeze extra servings of blended foods. These are good for back up in case of an emergency.
 - Label and date the food.
 - Use food within 30 days.
 - When reheating, heat food in a small pan or pot over a stove or transfer to an ovenable tray, cover with foil, and heat in the oven.
 - Heat to 165°F.
- K. Suggested that students receive 3 containers for lunch each filled with one of the following components:
 - Fruit
 - Vegetable
 - Meat/Meat Alternate and Grain

2. SAFETY PRECAUTION:

- When pouring pureed item from the blender to the food container, pour slowly.
- Look for any clumps or chunks of food that did not get blended.
- Blend the chunks to a smooth consistency.

3. Regular Foods that May Be Served if Tolerated:

- Applesauce Cup, Any Flavor
- Frozen Juice Cups and Pouches
- Vegetable or Fruit Juice
- Mashed Potatoes
- Hummus Cup
- Yogurt

4. **Baby Food from the Warehouse:**

- You can order baby food from the Warehouse if you need items to supplement the foods you are pureeing, there are items that do not puree well and you need a substitute, or you have an emergency.
- The Warehouse has pureed vegetables, fruits, chicken, beef, and cereal.
- Baby food should only be used as back-up.

5. **VEGETABLES:**

- A. Keep a variety of vegetables on hand that you can heat/cook and blend, in case the vegetable on the menu is not suitable like a salsa cup or salad.
- B. Vegetables that blend well include cooked carrots, broccoli, spinach, baked beans, or pinto beans.
 - Drain after cooking.
 - Save some of the water that the vegetable was cooked in.
 - Use this water to add when blending if needed.

6. **FRUITS:**

- A. Keep applesauce on hand as it is a good sub for fresh apples and sliced apples.
- B. Any canned fruit blends well, except pineapple. Drain out most of the juice before blending.

7. **GRAINS:**

- A. Have dinner rolls, blueberry muffin, corn bread available.
- B. If the student can have milk, soak these in milk, to sub in place of grains that are not suitable like Fritos or Sun Chips.
- C. If the student cannot have milk, soak in hot water.
- D. Rice can be grainy, so blend for an extra minute.

8. **BREAKFAST:**

- A. Items that Blend Well:
 - bean and cheese burritos
 - stuffed cheese pocket
 - egg beef burrito
 - beef morning sausage
 - Oatmeal or Rice Cereal – order from the Warehouse under Baby Food.
- B. Items that Do Not Blend Well:
 - Coffee cake and waffle can be grainy

9. **LUNCH**: Most lunch items blend well.

A. Tips:

- Break apart item into smaller pieces and to add a bun or roll so the blended item has both meat/meat alternate and grain.
- Do not blend vegetables and entrees together.
- When blending items with cheese, like cheese pizza, add HOT water to improve blending process.
- Bean dip blends well, but the serving is small. You may need to blend several servings to make blending easier and to fill the container.

B. Examples of Foods that Do and Do Not Blend Well:

ITEMS THAT BLEND WELL		DO NOT BLEND WELL
Cheese Pizza	Cheesy Pillows	Pepperoni
Pork Chop Patty	Beef & Cheese Burrito	Sausage Pizza
Chicken Patty	Toasted Cheese Sandwich	Beef Chalupa
Cheesy Garlic Bread	Breaded Fish Wedge	Chicken Drumstick
Chicken Dumplings	Turkey Hot Dog	Turkey Deli Sandwich
Orange Chicken & Rice	Chicken Tenders	
Beef Dipper & Rice	Chicken Filet	