

Patient information factsheet

Level 4 diet (puréed)

Patient's name: _____ Date: _____

We have given you this factsheet because a speech and language therapist (SLT) has advised that you should follow a level 4 diet (puréed). It explains what a level 4 diet is, what puréed foods are and some meal ideas to try at home.

What is a level 4 diet?

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global initiative to improve the lives of people living with dysphagia (swallowing difficulties). They have produced a framework based on the consistency of food and fluid. The IDDSI framework is made up of levels and describes food textures and drink thickness. Level 4 is puréed foods and extremely thick drinks.



The International Dysphagia Diet Standardisation Initiative 2016 iddsi.org/framework

We may recommend that you follow this diet if:

- it has been prescribed or recommended by your doctor
- you have difficulty chewing food
- you have difficulty clearing food from your mouth
- you get tired easily when you are eating

Puréed foods don't require chewing, so you should find them easier to swallow.

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What are puréed foods?

Puréed foods are foods that have been ground, pressed or strained to a soft, smooth consistency. They will:

- not need to be chewed
- have a smooth texture with no lumps
- sit in a mound above a fork and will not fall through the prongs
- hold their shape on a spoon
- fall off a spoon in a single spoonful when tilted
- not be sticky
- sometimes spread or slump slowly on a flat plate

How to prepare puréed foods

- Food can be puréed using a blender, liquidiser or food processor, or by being pushed through a sieve.
- Cook food as per cooking instructions (where necessary) and cut into small pieces before puréeing.
- You may need to add liquid to food before puréeing it. For example, you could add gravy to meat or milk to macaroni cheese.
- Avoid all skins, nuts, pips or seeds, as these do not purée well.

Suggested puréed meal ideas

Breakfast

- Puréed porridge, Ready brek or Oat So Simple (all with hot milk)
- Weetabix soaked with hot milk
- Smooth yoghurt or fromage frais with puréed fruit

Soups

- Most soups will need to be liquidised and strained to remove any bits
- Soups may need to be thickened using powdered potato, corn flour or prescribed thickener, such as 'Thick and Easy' or 'Nutilis'

Main meals

- All meat and poultry can be puréed
- Boneless fresh, frozen or tinned fish can be cooked by steaming, baking, poaching or microwaving, and then puréed with a smooth sauce
- Cheese can be added to sauces. However, if cheese is grated and heated onto food, it may become stringy and difficult to swallow
- Macaroni cheese or cauliflower cheese
- Pasta should be cooked and puréed with a sauce
- Dhal (channa or moong) is suitable if the lentils are cooked until soft and then puréed
- Other pulses may be puréed (gungo or pigeon peas), but it may be easier to remove skins first
- All vegetables can be cooked and puréed. Do not have green beans or sweetcorn
- Puréed potatoes (mash with plenty of milk, butter, margarine, ghee or gravy)
- Puréed plantain, sweet potato or yam

Desserts

- Blancmange
- Crème caramel
- Smooth, thick yoghurt
- Smooth milk puddings

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- Egg custard
- Smooth mousse or instant whips
- Puréed fruit (without skins, seeds or pips)
- Smooth fruit fools (without skins, seeds or pips)

Ready-made puréed meals

Ready-made puréed meals are available from some companies, such as Wiltshire Farm Foods and Oakhouse Foods.

Contact us

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Telephone: **023 8120 6072**

Useful links

www.iddsi.org

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For help preparing for your visit, arranging an interpreter or accessing the hospital please visit **www.uhs.nhs.uk/additionalneeds**