

## Pureed food (IDDSI level 4)

Pureed food looks like smooth mashed potato.

- It is smooth and moist with no lumps.
- It is not sticky.
- It does not need to be chewed.
- It is usually eaten with a spoon.
- It should not separate into a fluid and a solid.
- It holds its shape on the spoon.



### How to check pureed food

Pureed food is the right consistency if it passes the Spoon tilt test. Ask a carer or friend to help you with this test.

#### Spoon tilt test



The full spoonful should hold its shape. It should fall off easily if the spoon is tilted or lightly flicked.

See the IDDSI food test videos at [www.iddsi.org/framework/food-testing-methods](http://www.iddsi.org/framework/food-testing-methods)



## Recommended foods and foods to avoid

Bread, cereals, rice, pasta, noodles (grain foods)	
✓ Recommended foods	✗ Foods to avoid
<p>✓ Cereal served thick, smooth and lump-free. For example:</p> <ul style="list-style-type: none"> <li>• pureed porridge</li> <li>• baby rice</li> <li>• semolina</li> <li>• wheat biscuits soaked in hot milk.</li> </ul>	<ul style="list-style-type: none"> <li>✗ All bread.</li> <li>✗ All crackers.</li> <li>✗ All pastries.</li> <li>✗ All cakes.</li> <li>✗ All biscuits.</li> <li>✗ All pasta and rice as they are too sticky in texture when pureed.</li> </ul>

Vegetables	
✓ Recommended foods	✗ Foods to avoid
<p>✓ Peeled and cooked vegetables mashed until smooth or pureed.</p>	<ul style="list-style-type: none"> <li>✗ Raw vegetables. For example, salads.</li> <li>✗ Stringy vegetables. For example, green beans.</li> <li>✗ Vegetables with outer casings. For example, peas and corn.</li> </ul>



Fruit	
<p>✓ <b>Recommended foods</b></p> <p>✓ Peeled and pureed soft, fresh or canned fruits. For example, bananas, mango, kiwifruit, stone fruits.</p> <p>✓ Peeled, cooked and pureed hard fruits. For example, apple, pear.</p>	<p>✗ <b>Foods to avoid</b></p> <p>✗ Dried fruit.</p> <p>✗ Stringy or fibrous fruit. For example, pineapple, citrus fruit.</p> <p>✗ Fruits with an outer casing or pips. For example, citrus fruits, passionfruit, grapes, blueberries, raspberries, strawberries.</p>

Meat, fish, poultry, eggs, nuts, seeds and legumes	
<p>✓ <b>Recommended foods</b></p> <p>✓ Meat and fish pureed until smooth with a thick, smooth, non-pouring sauce or gravy.</p> <p>✓ Red meats (best slow cooked before pureeing).</p> <p>✓ Lentils or beans without skin, pureed. For example, red or yellow lentils, kidney beans, baked beans.</p> <p>✓ Pureed soft tofu.</p> <p>✓ Pureed scrambled or poached egg.</p>	<p>✗ <b>Foods to avoid</b></p> <p>✗ Meat with gristle or skin. For example, sausages, salami.</p> <p>✗ Shellfish.</p> <p>✗ Quiches and pies.</p> <p>✗ Nuts and seeds.</p> <p>✗ Sticky foods. For example, pate, peanut butter, creamed honey.</p> <p>✗ All other beans and lentils.</p>



Milk and milk products	
<p>✓ Recommended foods</p> <ul style="list-style-type: none"> <li>✓ Smooth yoghurt.</li> <li>✓ Custard.</li> <li>✓ Dairy food.</li> <li>✓ Instant pudding.</li> <li>✓ Mousse.</li> </ul>	<p>✗ Foods to avoid</p> <ul style="list-style-type: none"> <li>✗ Yoghurt with pips or pieces of fruit.</li> <li>✗ All hard or soft cheeses, including cottage cheese.</li> </ul>

Other	
<p>✓ Recommended foods</p> <ul style="list-style-type: none"> <li>✓ Soups that have been blended or strained to remove lumps.</li> <li>✓ Smooth sweet and savoury condiments and sauces.</li> </ul>	<p>✗ Foods to avoid</p> <ul style="list-style-type: none"> <li>✗ Soup with lumps.</li> <li>✗ Sweet and savoury condiments with seeds, pips, pulps or lumps.</li> </ul>

Notes or preparation tips

Written by speech–language therapists, Te Whatu Ora – Health New Zealand Waitaha Canterbury. Adapted by HealthInfo clinical advisers. Last reviewed July 2023.

See [www.healthinfo.org.nz/Dietary-suggestions.htm](http://www.healthinfo.org.nz/Dietary-suggestions.htm) for more information.

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