

Texture C – smooth pureed

This food texture includes foods that are smooth and lump free but may have a grainy quality. Foods should be moist and cohesive enough to hold their shape on a spoon. A blender, vitamiser or food processor will be required to produce foods of this texture.

It is important that texture modified diets are well balanced. Choose a variety of foods from all of the food groups to ensure your body is getting all the nutrients it needs.

You will need to eat and drink more often to maintain your weight and prevent dehydration. Eat six (6) small meals a day instead of three (3) larger ones. This is especially important if you get tired when eating larger meals or if you are a slow eater.



This sign highlights items that are not safe for people who need thickened fluids. In some cases these items can be thickened to make them safe – ask your health professional for guidance.

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Meat Chicken Fish	<ul style="list-style-type: none"> ▪ Pureed meat/ poultry/ fish dishes blended with gravy or sauce <p><i>Serve with extra gravy or sauce</i></p>	<ul style="list-style-type: none"> ▪ Whole or minced meats that have not been pureed in a blender 	<ul style="list-style-type: none"> ▪ Add extra sauces/gravy with pureed meats ▪  Add cream, evaporated milk or yoghurt to casseroles and curries ▪ Add well-pureed legumes, kidney beans or tofu to stews, casseroles and curries ▪ Top pureed fish with white sauce, smooth tartare sauce or mayonnaise
Meat (protein) alternatives	<ul style="list-style-type: none"> ▪ Pureed baked beans, lentils or other cooked beans (no husks in final puree) ▪ Tinned refried beans or hummus ▪ Soufflés and mousses e.g. salmon mousse ▪ Pureed scrambled eggs ▪ Eggs blended into soups (prior to cooking) ▪ Soft silken tofu <p><i>Serve with extra gravy or sauce</i></p>	<ul style="list-style-type: none"> ▪ Legumes that are not pureed or well mashed to a smooth paste ▪ Fried, poached, hard-boiled or scrambled eggs that are not pureed ▪ Sticky or very cohesive foods e.g. peanut butter 	<ul style="list-style-type: none"> ▪ Top well-pureed legumes (e.g. lentils, refried beans) with sour cream or yoghurt ▪ Add cheese, milk and/or cream to pureed scrambled eggs

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Breakfast cereals	<ul style="list-style-type: none"> Smooth lump-free cereals e.g. semolina, pureed porridge, baby rice cereals 	<ul style="list-style-type: none"> All other breakfast cereals Cooked cereals with lumps 	<ul style="list-style-type: none"> Add sugar, honey, or  cream to lump-free cereals/pureed porridge  Use fortified milk* (see recipe below) to make cooked cereals Add Sustagen or Proform neutral or Ensure powder Add whey protein powder
Other cereals	<ul style="list-style-type: none"> Well cooked pasta, noodles or rice that have been pureed in a blender with added sauce 	<ul style="list-style-type: none"> Pasta and rice that have not been pureed All breads, biscuits, cakes, muffins except as recommended by your health professional 	<ul style="list-style-type: none"> Use a creamy, cheese sauce to combine with pureed pasta
Soup 	<ul style="list-style-type: none"> Homemade or canned soups that have been pureed in a blender and strained to remove lumps 	<ul style="list-style-type: none"> Soups that have chunks or lumps 	<ul style="list-style-type: none"> Make soup on fortified milk* or add cream, sour cream to puree Add Sustagen or Proform neutral or Ensure powder Add whey protein powder Include a pureed protein-rich food e.g. meat, poultry
Dairy foods & desserts	<ul style="list-style-type: none"> Milk, milkshakes, fruit smoothies  Yoghurt (lump-free e.g. plain or vanilla) Custard , mousse, soft smooth cheesecake (no base), ice cream  Smooth cheese pastes e.g. smooth ricotta 	<ul style="list-style-type: none"> Course or textured puddings (e.g. rice pudding, fruit crumble) Yoghurt or custard with fruit chunks or nuts Cakes, pastry, pies Solid or semi-solid cheeses 	<ul style="list-style-type: none">  Use fortified milk* in place of regular milk as a nutritious drink base, or to make puddings, custards and desserts Add  ice cream, custard or yoghurt to milkshakes
Vegetables	<ul style="list-style-type: none"> Pureed or well mashed vegetables without chunks, lumps, pulp or seeds 	<ul style="list-style-type: none"> Vegetables that have not been pureed or well mashed 	<ul style="list-style-type: none"> Add butter or margarine, milk powder, cheese or cream to mashed/pureed vegetables Top pureed vegetables with creamy cheese sauces or sour cream
Fruit	<ul style="list-style-type: none"> Stewed or canned fruit that has been pureed in a blender Mashed banana or pawpaw Fruit packs labelled 'puree' Fruit juice without pulp  	<ul style="list-style-type: none"> Whole fruits (fresh, frozen, canned, dried) or fruit pieces Coarsely mashed fruits with lumps 	<ul style="list-style-type: none"> Serve with  ice cream, cream, custard or yoghurt  Blend pureed fruit into fortified milk to make a fruit smoothie

Adapted from the Australian standardised definitions and terminology for texture-modified foods and fluids, Nutrition & Dietetics 2007; 64 (Suppl. 2)

To prepare pureed foods:

- Use foods the rest of your household is eating rather than making separate meals. This will save time and money.
- Use a food processor for pureeing larger meal items. A hand blender can be used for small portions of more easily processed foods such as vegetables and soft fruits.
- When you puree or mash food, add liquid for a moist, smooth texture. For example, when mashing fruit or vegetables, add milk, fruit juice or cream.
- To puree meat, poultry and fish to a smooth paste, add gravy, stock, milk or cream when blending.

To serve:

- Use foods of different colours to make your meals look more appealing, and serve on attractive plates.
- Use herbs and spices to add interest to foods.

***Fortified milk recipe:**

Add 4 heaped tablespoons of skim milk powder to 1 L of full cream milk and whisk to combine.

Suggested meal plan and options:

BREAKFAST (choose at least 2 of the following):

- Semolina/pureed porridge made on milk
- Pureed baked beans or spaghetti or scrambled eggs
- Pureed fruit and vanilla yoghurt

MORNING TEA (choose at least 1 of the following):

- Pureed fruit with yoghurt or custard
- Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink

LUNCH or LIGHT MEAL

- Pureed casserole (meat, poultry, fish, legumes)
- Pureed vegetables include at least one starchy vegetable (e.g. potato, sweet potato)
- Pureed dessert

AFTERNOON TEA (choose at least 1 of the following):

- Pureed fruit with yoghurt or custard
- Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink

DINNER or MAIN MEAL

- Pureed casserole (meat, poultry, fish or legumes) with gravy/cheesy sauce – this meal could include pureed pasta/noodles or rice
- Pureed vegetables
- Pureed dessert

SUPPER (choose at least 1 of the following):

- Pureed fruit with yoghurt or custard
- Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink