

FOOD GROUP**PUREED DIET
(3 TO 4 WEEKS)****SOFT DIET
(2 TO 3 WEEKS)****Bread, other cereals
& potatoes**

Porridge mixed to a smooth consistency.
Breakfast cereals with milk to a smooth consistency.
Pasta pureed with sauce.
Mashed potatoes.
Pasta, rice, potato added to soup and pureed.

Porridge.
Breakfast cereals softened with milk.
Softened pasta or rice with sauce.
Mashed potatoes or jacket potato without skin.
Bread softened with spread.

Fruit & vegetables

Fruit juice.
Pureed tinned, stewed or soft fresh fruits e.g. peaches, berries, bananas.
Pureed vegetables with your favourite sauces.

Fruit juice.
Tinned, stewed or soft fresh fruits e.g. peaches, berries, bananas.
Mashed or soft cooked vegetables.

Meat, fish & alternatives

Pureed meat, fish, poultry, pulses with gravy/sauce.
Pureed scrambled egg.

Flaked fish.
Minced beef, chicken or turkey and gravy.
Omelette, scrambled (try mixing in cheese or pureed tomatoes), poached or boiled egg.
Baked beans.
Well-cooked lentils.

Milk & dairy

Milk.
Smooth yoghurt (without chunks of fruit, muesli or nuts).
Cheese spread/soft cheese.
Milk-based desserts, custard.
Pureed rice pudding/semolina.
Ice-cream.

Milk.
Yoghurt.
Cheese.
Milk puddings.