



Pureed Diet



This diet provides foods that are easy to swallow because they are blended, whipped or mashed to a “pudding like” texture. This diet is appropriate for people who have difficulty with oral control and swallowing, and may help prevent choking. Order beverages as desired.

Breakfast

Entrees

Scrambled Eggs
Low Cholesterol Scrambled Eggs



Fruit & Yogurt

Applesauce
Peaches
Pears
Yogurt: Vanilla or Strawberry



Cereals

Grits
Cream of Wheat
Oatmeal



Lunch/Dinner

Meats

Beef Turkey
Chicken Ham
Pork

On the Side

Whipped Potatoes Corn
Carrots Peas
Green Beans Broccoli



Soup

Tomato Soup, Cream of potato
Soup, Cream of Chicken Soup
Broth: Beef, Chicken, Vegetable

Desserts

Ice Cream: Chocolate, Vanilla, Strawberry
Light Vanilla Ice Cream
Sherbet: Lime or Orange
Milkshake: Chocolate, Vanilla, Strawberry

Italian Lemon Ice
Popsicle
Gelatin
Pudding: Chocolate or Vanilla
Diet Pudding: Chocolate or Vanilla

