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