

Notes:

- Definition of Puree: foods mechanically modified by blender or Blixer®, or naturally of a cohesive and moist homogeneous texture or thick semi-liquid texture; free of all lumps and bits, holds its shape on a spoon, little food left on spoon, cannot be sucked through a straw, not sticky.
- Additional liquid may be required to attain smooth consistency
- *Jell-O®, ice cream or sherbet is allowed for thin fluids, but NOT thickened fluids

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> • Pureed cooked or canned vegetables without lumps, tough skins or seeds, served hot or cold (ex. beet salad, bean salad, potato salad) • Pureed mashed potatoes, no lumps 	<ul style="list-style-type: none"> • Raw vegetables
Fruit	<ul style="list-style-type: none"> • Pureed cooked or drained canned fruit, without lumps, tough skins or seeds; served hot or cold • Pureed cooked dried fruits without lumps, tough skins or seeds; served hot or cold (ex. warm stewed fruit) • Pureed, ripe banana (the product may look brown and adding small amount of fruit juice prior to pureeing may improve appearance) • Pureed frozen fruit • Pureed melons including seedless watermelon 	<ul style="list-style-type: none"> • Raw or dried fruit • Pureed fresh fruits with skins or fibres, including grapes, pears, pineapple, orange, blueberries • Pureed fresh fruits with seeds including strawberry, raspberry, watermelon, kiwi
Salads	<ul style="list-style-type: none"> • Pureed salads made with allowed ingredients 	<ul style="list-style-type: none"> • Raw salads
Grain Products	<ul style="list-style-type: none"> • Smooth, hot cereal (ex. Cream of wheat) • Pureed baked goods, pancakes • Pureed pasta • Pureed stuffing, dressing 	<ul style="list-style-type: none"> • Hot cereal with lumps or seeds or grainy, coarse texture • Whole breads and baked goods • Cold cereal, granola • Rice, pasta • Crackers
Milk & Alternatives	<ul style="list-style-type: none"> • Milk (if thin fluids are tolerated) • Smooth yogurt • Smooth custard and puddings • Pureed cottage cheese 	<ul style="list-style-type: none"> • Yogurt with fruit, granola, seeds or other coarse pieces • Cottage cheese • Soft and hard cheese (may be allowed if pureed into an entrée)
Meat & Alternatives	<ul style="list-style-type: none"> • Pureed meat, fish or poultry with gravy or sauce • Pureed casseroles to smooth and moist consistency • Pureed legumes 	<ul style="list-style-type: none"> • Whole pieces of meat, fish or poultry • Peanut butter • Tough, dry meats (e.g. bacon)

Item	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> ● Pureed eggs ● Pureed tofu 	<ul style="list-style-type: none"> ● Eggs (unless pureed)
Soups	<ul style="list-style-type: none"> ● Pureed 	<ul style="list-style-type: none"> ● Any other
Oils & Fats	<ul style="list-style-type: none"> ● Margarine, butter, cooking oils, salad dressings made allowed ingredients ● Smooth or strained gravy, cream sauces and cheese sauces ● Sour cream 	<ul style="list-style-type: none"> ● Salad dressing, gravy or sauces made with ingredients not allowed ● Cheez Whiz
Desserts & Sweets	<ul style="list-style-type: none"> ● Jell-O, smooth ice cream, sherbet* ● Smooth Milk puddings, custard, or mousse ● Pureed bread, rice or tapioca pudding, made with allowed ingredients ● Pureed cakes, cookies and pie 	<ul style="list-style-type: none"> ● Dry cakes and cookies ● Sticky desserts, caramels ● Hard candies ● Rice and tapioca pudding
Fluids	<ul style="list-style-type: none"> ● All fluids (if tolerated with liquid consistency) 	<ul style="list-style-type: none"> ● Juice with pulp ● Beverages with lumps, chunks or seeds
Miscellaneous	<ul style="list-style-type: none"> ● Honey, syrup ● Smooth, seedless jams and jellies ● Ketchup, smooth mustard ● Pureed sandwiches ● Ground flaxseed in a hot cereal 	<ul style="list-style-type: none"> ● Potato chips ● Popcorn ● Coconut ● Relish ● Sauerkraut

References:

Manitoba Health: *Manual for Feeding and Swallowing Management in Long Term Care Facilities*