



## PUREED DIET SUGGESTIONS

### PROTEIN SOURCES:

- Yogurt (plain, low, or nonfat, blended **without** fruit chunks)
- Strained cream soups (celery, potato, mushroom)
- Skim milk with ½ scoop protein powder
- Protein supplements added to food or water for extra protein
- Mashed cottage cheese (low or nonfat, small curd)
- Ricotta cheese (low or nonfat)
- Scrambled eggs or egg substitute
- Pureed beef, chicken, or turkey
- White fish (cod, haddock, tilapia) mashed with a fork
- Canned chicken breast mashed and moist
- Canned tuna fish in water, mashed

### GRAINS AND STARCHES:

- Cream of wheat or cream of rice
- Grits
- Baby oatmeal
- Mashed potatoes/sweet potatoes
- Pureed winter squash

### FRUITS:

- Diluted, 100% fruit juices (apple, grape, cranberry)
- Light juices sweetened with non-nutritive sweetener
- Applesauce
- Mashed bananas or mashed canned fruits in juice
- Pureed peaches, apricots, pears, pineapples, melons

### VEGITABLES:

- Tomato juice
- Diet V-8 Splash® or V-8 Juice®
- Pureed spinach, carrots, summer squash or green beans

**\*\*Avoid pureed broccoli, cauliflower, and other fibrous vegetables at this stage.\*\***

### QUESTIONS:

Any questions please contact our office at (410)290-6677