

Pureed Diet Recipe

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Table of Contents

Types of Diets	p.2	Low Sodium Natural Seasonings (I) (II)	p.14-15
Meat Puree	p.3	Fortified Plain Congee (I) (II)	p.16-17
Vegetable/Gourd Puree	p.4	Fortified Rice Puree	p.18
Rice Puree	p.5	Fortified Meat Puree (I) (II) (III)	p.19-21
Plain Congee	p.6	Puree Fruits	p.22
Soft Rice	p.7	Snacks	p.23
Mashed Potato	p.8	Desserts	p.24
Minced Diet	p.9	Beverages	p.25
Types of Seasonings (I) (II) (III)	p.10-12	Soups	p.26
Low Sodium Seasonings	p.13	Presentation of Pureed Diet	p.27

Types of Diets

- * Minced Diet (Soft Rice, Minced Vegetable, Minced Meat)
- * Pureed Meat Soft Rice Diet (Soft Rice, Vegetable Puree, Meat Puree)
- * Pureed Meat Congee Diet (Plain Congee, Vegetable Puree, Meat Puree)
- * Pureed Diet (Rice Puree, Vegetable Puree, Meat Puree)

Meat Puree

Serve with Rice Puree/Soft Rice/Plain Congee & Vegetable/Gourd Puree.

Meat Puree (3 servings)

Ingredients:

♦ Pork/Chicken/Beef 250 g (~ 6 taels)

Seasonings:

♦ Salt $\frac{1}{3}$ teaspoon
♦ Oil 10 ml (~ 2 teaspoons)
♦ Soy sauce small amount
Dark soy sauce add to taste
Cornstarch/Sugar/
Cooking wine



Steps:

1. Slice meat, wash and drain.
2. Stir in salt, oil, soy sauce, dark soy sauce, cornstarch, sugar and cooking wine.
3. Steam for 20 minutes.
4. Blend the cooked meat into puree form.

Vegetable/Gourd Puree

Serve with Rice Puree/Soft Rice/Plain Congee & Meat Puree

Vegetable/Gourd Puree (1-3 servings)



Ingredients:

- ♦ Vegetable/ Gourd 160 g (~ 4 taels)
- ♦ Oil 10 ml (~ 2 teaspoons)
- ♦ Soy sauce/ small amount
- ♦ Oyster sauce add to taste

Example:

Carrot/Pumpkin/Hairy melon/Cauliflower

Steps:

1. Cut vegetable/gourd (peel skin), wash and drain.
2. Bring a pot of water to boil and add in oil.
3. Cook the vegetable/gourd slices thoroughly and drain them afterwards.
4. Add soy sauce/oyster sauce to the cooked vegetable.
5. Blend the cooked vegetable/gourd into puree form.

Rice Puree

Serve with Meat Puree & Vegetable/Gourd Puree

Rice Puree (3 servings)

Ingredients:

- | | |
|------------------|-----------------------|
| ♦ Raw white rice | 260 g (~ 1 bowl) |
| ♦ Water | 900 ml (~ 3 bowls) |
| ♦ Oil | 10 ml (~ 2 teaspoons) |



Steps:

1. Wash and drain rice.
2. Pour oil, rice and water in rice cooker and cook.
3. Blend the cooked rice into puree form.

Plain Congee

Serve with Meat Puree & Vegetable/Gourd Puree

Plain Congee (3 servings)

Ingredients:

- ♦ Raw white rice 180 g ($\sim \frac{2}{3}$ bowl)
- ♦ Water 1000 ml ($\sim 3\frac{1}{2}$ bowls)
- ♦ Oil 5 ml (~ 1 teaspoon)



Steps:

1. Wash and drain rice.
2. Pour oil, rice and water in rice cooker and cook until it becomes a congee texture.

Soft Rice

Serve with Meat Puree & Vegetable/Gourd Puree

Soft Rice (3 servings)

Ingredients:

- ♦ Raw white rice 260 g (~ 1 bowl)
- ♦ Water 750 ml (~ $2\frac{1}{2}$ bowls)
- ♦ Oil 10 ml (~2 teaspoons)



Steps:

1. Wash and drain rice.
2. Pour oil, rice and water in rice cooker and cook until it becomes a soft rice texture.

Mashed Potato

Serve with Meat Puree & Vegetable/Gourd Puree

Mashed Potato (Alternative to Soft Rice) (3 servings)



Ingredients:

- ♦ Potatoes (without skin) 600 g
- ♦ Oil 10 ml (~2 teaspoons)
- ♦ Milk*/Water ~ 360 ml
- ♦ Salt and pepper a sprinkle

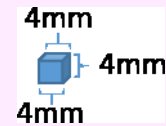
* Use soya milk or water instead if patients cannot tolerate milk/dairy products.

Steps:

1. Wash, peel and dice the potatoes.
2. Boil in water and cook thoroughly.
3. Pour boiled potatoes into blender, add in oil and sprinkle in salt and pepper to season.
4. Pour in milk, soya milk or water then blend into puree form.

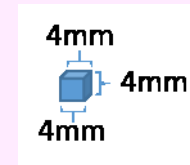
Meat/ Fish/ Egg/ Vegetable/ Gourd

- Cook thoroughly to a soft texture
- Cut or dice into small pieces (less than 4mm x4mm x4mm)



Fruit

- Cut soft fruits into small pieces (less than 4mm x4mm x4mm)
e.g. Banana, Papaya, Dragon Fruit, Kiwi
- Other fruits can be mashed into puree
e.g. Apple Puree



Types of Seasonings (I)

Use soy sauce, dark soy sauce, oyster sauce, oil, cornstarch, sugar and cooking wine to marinate.

* Natural herbs and spices, (e.g. pepper, vinegar, five spice powder, Sichuan peppercorn, star anise, tangerine peel, ginger, garlic, coriander, parsley, rosemary, basil, thyme, mint and chili) can bring more attractive flavors to the dishes.



Types of Seasonings (II)

Half pack of the following sauces can be used to prepare 3 servings of meat puree:

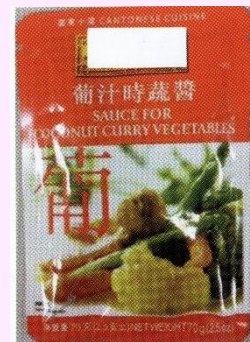
Sauce for curry seafood – (Half pack contains approximately 900 mg sodium)

Sauce for sweet & sour pork – (Half pack contains approximately 150 mg sodium)

Sauce for sweet & spicy beef ribs – (Half pack contains approximately 1300 mg sodium)

Sauce for coconut curry vegetables – (Half pack contains approximately 1300 mg sodium)

* Please check nutrition information on label, because product composition might be different.



Types of Seasonings (III)

When preparing congee, you can replace 250 ml water by prepackaged broth (e.g. chicken broth or fish broth).

(250 ml soup contains approximately 1000 mg Sodium.)

* Please check nutrition information on label, because product composition might be different.



Low Sodium Seasonings

If patients need to follow low salt diet, reduced salt soy sauce and natural spices (Please refer to p.10) can be used.

* Please be aware that salt substitutes contain higher content of potassium, and are not suitable for patients with kidney diseases.



Low Sodium Natural Seasonings (I)

****Please remove any spice granules before consuming.**



Condiments	Quantity	Sodium (mg)
Garlic	1 ounce	2
Cinnamon Powder	1 tablespoon	2
White Pepper	1 tablespoon	2
Black Pepper	1 tablespoon	2
Lemongrass	1 ounce	3
Onion	1 ounce	4
Chives	1 tablespoon	0

Low Sodium Natural Seasonings (II)

****Please remove any spices granules before consuming.**



Condiments	Quantity	Sodium (mg)
Sichuan Peppercorn	1 ounce	13
Dried Coriander	1 tablespoon	16
Shallot	1 ounce	25
Star Anise	1 ounce	4
Ginger	1 ounce	4
Fresh Lemon Juice	1 tablespoon	1
Curry Powder	1 tablespoon	10

Fortified Plain Congee (I)

Serve with Meat Puree & Vegetable/Gourd Puree

(For underweight or malnourished individuals)

Almond/Peanut Congee (3 servings)

Ingredients:

- | | |
|------------------|----------------------------------|
| ♦ Raw white rice | 180 g (~ $\frac{2}{3}$ bowl) |
| ♦ Water | 1000 ml (~ $3\frac{1}{2}$ bowls) |
| ♦ Oil | 10 ml (~ 2 teaspoons) |
| ♦ Almond/Peanut | 2 tablespoons (~ 100 kcal) |



Steps:

1. Wash and drain rice.
2. Pour oil, rice and water in rice cooker and cook until it becomes a congee texture.
3. Grind almond/peanut into powder form and mix them into congee. (Prepackaged almond powder can also be used)

Fortified Plain Congee (II)

Serve with Meat Puree & Vegetable/Gourd Puree

(For underweight or malnourished individuals)

Egg Congee (3 servings)



Ingredients:

- ♦ Raw white rice 180 g ($\sim \frac{2}{3}$ bowl)
- ♦ Water 1000 ml ($\sim 3\frac{1}{2}$ bowls)
- ♦ Oil 10 ml (~ 2 teaspoons)
- ♦ Egg 2 pieces (~ 14 g protein)

Steps:

1. Wash and drain the rice.
2. Pour oil, rice and water in rice cooker and cook until it becomes a congee texture.
3. Beat egg and stir into boiling congee. Cook for 5 minutes before serving.

Fortified Rice Puree

Serve with Meat Puree & Vegetable/Gourd Puree

(For underweight or malnourished individuals)

Rice Puree with Steamed Egg (3 servings)

Ingredients:

- | | |
|------------------|---------------------------|
| ♦ Raw white rice | 260 g (~ 1 bowl) |
| ♦ Water | 900 ml (~3 bowls) |
| ♦ Oil | 10 ml (~ 2 teaspoons) |
| ♦ Egg | 2 pieces (~ 14 g protein) |



Steps:

1. Wash and drain rice.
2. Pour oil, rice and water in rice cooker and cook.
3. Beat egg well and mix into rice puree. Steam for 15 minutes.

Fortified Meat Puree (I) Serve with Rice Puree/Soft Rice/Congee & Vegetable/Gourd Puree

(For underweight or malnourished individuals)

Meat Puree with Honey (3 servings)

(Not suitable for Diabetes Mellitus patients)



Ingredients:

- | | |
|------------------|----------------------------|
| ♦ Pork/Chicken | 250 g (~6 taels) |
| ♦ Oil | 10 ml (~ 2 teaspoons) |
| ♦ Honey | 2 tablespoons (~ 130 kcal) |
| ♦ Soy sauce | small amount |
| Dark soy sauce | add to taste |
| Cornstarch/Sugar | |
| /Cooking wine | |

Steps:

1. Slice meat, then wash and drain.
2. Stir in salt, oil, soy sauce, dark soy sauce, cornstarch, sugar and cooking wine into the meat and stir well.
3. Steam for 20 minutes.
4. Blend the cooked meat into puree form.
5. Add honey and mix well.

Fortified Meat Puree (II) Serve with Rice Puree/Soft Rice/Congee & Vegetable/Gourd Puree

(For underweight or malnourished individuals)

Meat Puree with White Sauce (3 servings)

Ingredients:

- ♦ Pork/Chicken 250 g (~6 taels)
- ♦ Oil 10 ml (~ 2 teaspoons)
- ♦ Milk 150ml (~100 kcal)
- ♦ Flour 2 teaspoons
- ♦ Cheese 1 slice (~80 kcal)
- ♦ Salt add to taste



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Fortified Meat Puree (III) Serve with Rice Puree/Soft Rice/Congee & Vegetable/Gourd Puree

Meat Puree with White Sauce (3 servings)

Steps:

1. Slice meat, then wash and drain.
2. Add salt and oil into meats and steam for 20 minutes.
3. Blend the cooked meat into puree.
4. Pour milk into a non-stick pan and heat with low heat and keep stirring.
5. Stir 1 tsp flour into the hot milk. When the flour is dissolved, mix in the rest of the flour, keep stirring and cook until thick.
6. Add the cheese slice into mixture, keep stirring until thick and smooth without any lumps.
7. Add the sauce into puree and mix well.



Puree Fruits

Blend fruits to make fruit juice or fruit puree. Add thickener to adjust the consistency if needed. (Add in honey to provide more calories.)

Example:

- ◆ Mashed Banana
- ◆ Bottled Fruit Puree for infant



Snacks

Blend biscuits, breads, cakes, egg tarts and pastries into puree.

Spread margarine, jam or honey on biscuits, breads and cakes before blending.

(1 teaspoon of margarine contains around 45 kcal; 1 teaspoon of jam contains around 20 kcal; 1 teaspoon of honey contains around 20 kcal.)

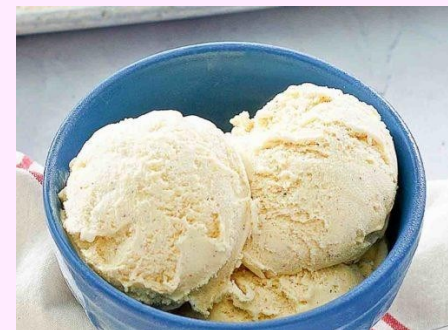


Desserts

Sesame Paste, Peanut Paste, Almond Paste, Ice cream, Yogurt, Milkshake

(Add thickener to adjust the consistency if needed.)

2 scoops of full-fat milk powder can be added to a 200ml drink to increase calories and protein.



Beverages

Milo, Ovaltine, Horlick, Chocolate milk, Soymilk, Almond milk, Ribena

(Add thickener to adjust the consistency.)

2 scoops of full-fat milk powder can be added to a 200ml drink. (except for Ribena)



Soups

Soups with meat, chicken, fish, gourd, root vegetables and beans can be blended with soup before serving, add thickener to adjust the consistency.

* Patients taking warfarin should avoid ginkgo, papaya and Chinese herbal ingredients.



Presentation of Pureed Diet

Family members can use different types of jelly mould or cookie mould to shape the pureed food, so the food is more presentable and appealing to the patients.

