

Pureed food (IDDSI level 4)

Pureed food looks like smooth mashed potato.

- It is smooth and moist with no lumps.
- It is not sticky.
- It does not need to be chewed.
- It is usually eaten with a spoon.
- It should not separate into a fluid and a solid.
- It holds its shape on the spoon.



How to check pureed food

Pureed food is the right consistency if it passes the Spoon tilt test. Ask a carer or friend to help you with this test.

Spoon tilt test



The full spoonful should hold its shape. It should fall off easily if the spoon is tilted or lightly flicked.

See the IDDSI food test videos at
www.iddsi.org/videos

Pureed food (IDDSI level 4)

Recommended foods and foods to avoid

Bread, cereals, rice, pasta, noodles (grain foods)	
✓ Recommended foods	✗ Foods to avoid
✓ Cereal served thick, smooth and lump-free. For example: <ul style="list-style-type: none">• pureed porridge• baby rice• semolina• wheat biscuits soaked in hot milk.	<ul style="list-style-type: none">✗ All bread.✗ All crackers.✗ All pastries.✗ All cakes.✗ All biscuits.✗ All pasta and rice as they are too sticky in texture when pureed.

Vegetables	
✓ Recommended foods	✗ Foods to avoid
✓ Peeled and cooked vegetables mashed until smooth or pureed.	<ul style="list-style-type: none">✗ Raw vegetables. For example, salads.✗ Stringy vegetables. For example, green beans.✗ Vegetables with outer casings. For example, peas and corn.

Pureed food (IDDSI level 4)

Fruit	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Peeled and pureed soft, fresh or canned fruits. For example, bananas, mango, kiwifruit, stone fruits.✓ Peeled, cooked and pureed hard fruits. For example, apple, pear.	<ul style="list-style-type: none">✗ Dried fruit.✗ Stringy or fibrous fruit. For example, pineapple, citrus fruit.✗ Fruits with an outer casing or pips. For example, citrus fruits, passionfruit, grapes, blueberries, raspberries, strawberries.

Meat, fish, poultry, eggs, nuts, seeds and legumes	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Meat and fish pureed until smooth with a thick, smooth, non-pouring sauce or gravy.✓ Red meats (best slow cooked before pureeing).✓ Lentils or beans without skin, pureed. For example, red or yellow lentils, kidney beans, baked beans.✓ Pureed soft tofu.✓ Pureed scrambled or poached egg.	<ul style="list-style-type: none">✗ Meat with gristle or skin. For example, sausages, salami.✗ Shellfish.✗ Quiches and pies.✗ Nuts and seeds.✗ Sticky foods. For example, pate, peanut butter, creamed honey.✗ All other beans and lentils.

Pureed food (IDDSI level 4)

Milk and milk products	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Smooth yoghurt.✓ Custard.✓ Dairy food.✓ Instant pudding.✓ Mousse.	<ul style="list-style-type: none">✗ Yoghurt with pips or pieces of fruit.✗ All hard or soft cheeses, including cottage cheese.

Other	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Soups that have been blended or strained to remove lumps.✓ Smooth sweet and savoury condiments and sauces.	<ul style="list-style-type: none">✗ Soup with lumps.✗ Sweet and savoury condiments with seeds, pips, pulps or lumps.

Notes or preparation tips

Written by speech-language therapists, Te Whatu Ora – Health New Zealand Waitaha Canterbury. Adapted by HealthInfo clinical advisers.
Last reviewed July 2023.

This is NOT an official IDDSI resource, educational material or education program and it is NOT meant to replace materials and resources on [IDDSI.org](https://iddsi.org). See [IDDSI.org](https://iddsi.org) for the most current information and resources. IDDSI descriptors © The International Dysphagia Diet Standardisation Initiative 2019 @ iddsi.org/framework/. Licensed under the Creative Commons Attribution Sharealike 4.0 License creativecommons.org/licenses/by-sa/4.0/legalcode. Derivative works extending beyond language translation are NOT PERMITTED.