

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

Recommended foods and foods to avoid

Bread, cereals, rice, pasta, noodles (grain foods)		
✓ Recommended foods	× Foods to avoid	
✓ Cereal served thick, smooth and	× All bread.	
lump-free. For example:	× All crackers.	
• pureed porridge	× All pastries.	
• baby rice	× All cakes.	
 semolina wheat biscuits soaked in hot milk. 	× 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	× Raw vegetables. For example,	
mashed until smooth or pureed.	salads.	
	× Stringy vegetables. For example,	
	green beans.	
	× Vegetables with outer casings. For	
	example, peas and corn.	

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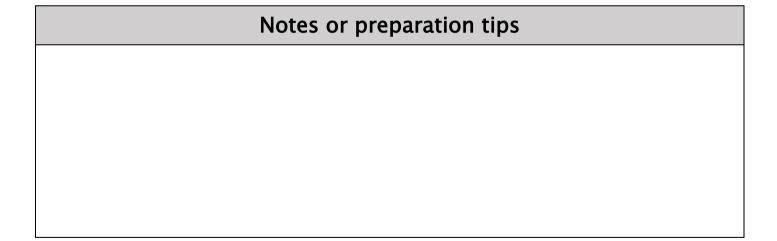
Fruit	
✓ Recommended foods	× Foods to avoid
✓ Peeled and pureed soft, fresh or	× Dried fruit.
canned fruits. For example,	× Stringy or fibrous fruit. For
bananas, mango, kiwifruit, stone	example, pineapple, citrus fruit.
fruits.	× Fruits with an outer casing or pips.
✓ Peeled, cooked and pureed hard	For example, citrus fruits,
fruits. For example, apple, pear.	passionfruit, grapes, blueberries,
	raspberries, strawberries.

Meat, fish, poultry, eggs, nuts, seeds and legumes		
✓ Recommended foods	× Foods to avoid	
✓ Meat and fish pureed until smooth	× Meat with gristle or skin. For	
with a thick, smooth, non-pouring	example, sausages, salami.	
sauce or gravy.	× Shellfish.	
✓ Red meats (best slow cooked	× Quiches and pies.	
before pureeing).	× Nuts and seeds.	
✓ Lentils or beans without skin,	× Sticky foods. For example, pate,	
pureed. For example, red or yellow	peanut butter, creamed honey.	
lentils, kidney beans, baked beans.	× All other beans and lentils.	
✓ Pureed soft tofu.		
✓ Pureed scrambled or poached egg.		

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Milk and milk products		
✓ Recommended foods	× Foods to avoid	
✓ Smooth yoghurt.	× Yoghurt with pips or pieces of	
✓ Custard.	fruit.	
✓ Dairy food.	× All hard or soft cheeses, including	
✓ Instant pudding.	cottage cheese.	
✓ Mousse.		

Other		
✓ Recommended foods	× Foods to avoid	
✓ Soups that have been blended or	× Soup with lumps.	
strained to remove lumps.	× Sweet and savoury condiments	
✓ Smooth sweet and savoury	with seeds, pips, pulps or lumps.	
condiments and sauces.		



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

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