

## **Soft / Puree diet following oral surgery**

### **Department of Nutrition and Dietetics**

**Name:**.....

**Date:**.....



Following your recent procedure, your doctor has advised you to follow a soft or puree diet because you are unable to chew.

You can adapt everyday foods by finely chopping, mashing, mincing or blending.

OR

You can choose foods that are naturally soft.

This booklet has been designed to help you have a nutritious soft/puree diet.

### **What if I have a poor appetite?**

- Eat little and often e.g. 3 small meals plus 3 snacks daily
- Don't drink directly before a meal as it may fill you up.
- Have protein rich foods at least twice a day.
- Have 1-2 desserts a day, either after a meal or as a snack
- Keep a stock of easily prepared foods e.g. ready meals
- Avoid low calorie or diet varieties of foods – choose the full fat, full calorie versions instead.

***Produced by the Dept of Nutrition and Dietetics***  
**Aneurin Bevan University Health Board**  
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***To have a balanced diet you need to eat foods from the following food groups:***

### **1. Protein Foods**

Protein is needed for repair of body tissues and growth. Good sources include meat, fish, pulses, cheese, eggs, milk, and milk products.

- Use minced or very tender pieces of meat in plenty of sauce/gravy e.g. spaghetti Bolognese, cottage pie, stews, casseroles.
- Steam/poach/boiled/tinned fish with plenty of cheese/parsley and white sauces e.g. fisherman's pie. Avoid batter or breadcrumbs.
- Scrambled eggs or soft omelette, egg mayonnaise.
- Add grated cheese to sauces and dishes e.g. cauliflower cheese with plenty of cheese sauce, macaroni cheese.
- Aim for a pint of whole milk each day – use in drinks, puddings etc.
- Milk-based desserts will also provide protein e.g. Yoghurts/mousse/fromage frais/icecream, instant whip.



### **2. Energy foods**

Starchy foods, sugary foods and fats provide calories to keep you going and prevent more weight loss.

- Pasta in tomato or white sauce.
- Rice can be used in sweet or savoury dishes e.g. risotto, rice pudding
- Choose mashed or creamed potatoes.
- Jacket potatoes (avoid skins) with a soft filling e.g. cheese, butter, tuna mayonnaise, baked beans.
- Cereals softened with milk can be eaten as a meal or a snack.
- Soft sponge cakes with custard, cream, ice-cream.
- Biscuits can be softened by “dunking” in drinks.
- Porridge made with milk.



### **3. Fruit and vegetables**

These provide you with valuable vitamins. Try to include 3 to 4 servings a day.



- Choose soft, ripe fruits e.g. bananas, apricots, peaches, tinned fruits and serve with cream, custard or ice-cream.
- Drink a glass of fruit juice each day.
- Dice, mash or puree vegetables with butter, margarine or cream to make them softer.

**It may be that even soft foods are hard to swallow. If so, you can use a hand blender or food processor to puree or liquidise foods.**

Avoid adding water when blending. Use the following instead:

- Full cream milk
- Custard
- Gravy
- Savoury sauces e.g. cheese, parsley
- Yoghurt
- Syrup from tinned fruit

Some vegetables with skins e.g. broad beans and peas may need to be sieved after pureeing to remove any lumps. Onion, leeks, sweet corn, sprouts and cabbage do not puree well.

Tinned fruits puree well, fresh fruit can be peeled and stewed to soften.

**If you are losing weight - fortify your foods:**

How to add extra protein and calories to what you are eating

**To milk based sauces add:**

Cream / evaporated milk

**Grated cheese**



**To a pint of full cream milk add:**

4 tablespoons of skimmed milk powder to make enriched milk. Use in place of ordinary milk or water to make up coffee, packet soups, sauces, jelly, milk puddings, porridge, and on other breakfast cereals.

**To puddings add:**

Cream / custard / margarine / butter

Evaporated / condensed milk.

Ice cream

Jam, honey, syrup

**To soup add:**

Grated cheese

Cream / Dried milk powder

Evaporated milk

Baked beans, Pasta

**To breakfast cereals add:**

Enriched milk

Evaporated milk

Yoghurt

Syrup, honey, sugar



**To potato or vegetables add:**

Grated cheese

Cream

Salad cream

Margarine / butter

Milk based sauces



**Nourishing snacks**

These are an essential to make up the calories/protein in a limited diet. Have mid morning, mid afternoon and during the evening if possible.

- Cakes
- Scones with cream
- Fruit pie/tart with custard
- Trifle, full fat yoghurt
- Ice cream
- Chocolate
- Mousse
- Rice pudding



**Nourishing drinks**

Here are some recipes for high calorie drinks to try

## FORTIFIED MILK DRINK

- 2 tablespoons dried milk powder, 300 ml full cream milk (blue top).

Mix the skimmed milk powder with a small amount of milk to make a smooth paste, **before** adding rest of milk.

**Provides 300 Kcal, 20 g protein**

### BANANA SMOOTHIE

- 200mls full cream milk
- 1 small ripe banana
- 1 scoop ice-cream
- 1 teaspoon sugar



Mash banana, add all ingredients, blend or whisk and serve chilled. **Further ice cream can be added or try a teaspoon of honey for a sweeter taste.**

**Provides 455 Kcal, 15.5 g protein**

### SUPER SHAKE

- 200mls full cream milk (blue top)
- 3 tablespoons (45ml) double cream
- 1 scoop ice-cream
- 4 teaspoons milk powder
- 2 teaspoons (or more) milk shake flavouring e.g. Nesquik / Crusha

Blend for 15 seconds and serve chilled.

**Provides 500 Kcal, 15 g protein**

### MALT HONEY MILKSHAKE

- 200mls full cream milk (blue top)
- 1 tablespoon honey
- 1 scoop-ice cream
- 1 teaspoon (5g) malted milk powder (e.g. Horlicks) or 1 tablespoon Milo.

Blend or whisk for 15 seconds and serve chilled.

**Provides 250 Kcal, 9 g protein**

### FRUIT BLAST

- 100mls fresh fruit juice
- 100mls lemonade (not diet)
- 1 scoop ice-cream
- 1 tablespoon sugar



Blend or whisk together and serve chilled.

**Provides 200 Kcal, 2 g protein**

### YOGHURT AND BERRY SMOOTHIE

- Small pot of Greek yoghurt
- Handful of frozen berries
- 1 small banana
- 150mls full cream milk (blue top)



Blend or whisk until smooth and serve chilled.

**Provides 414 Kcal, 13 g protein**

### READY MADE DRINKS

These can be purchased from small stores and the supermarkets:

- Mars, Mars Active, Yazoo, Galaxy, Aero, Bounty, flavoured milk drinks
- Milkshakes
- Fruit smoothies
- Yoghurt drinks

**Nutrition values will vary - please check labels.**

**“This document is available in Welsh /Mae'r ddogfen hon ar gael yn Gymraeg”.**