

# Enhancing the Pureed Experience



## PATIENT PERCEPTIONS

For those on a modified texture diet, interest in mealtime often decreases. Although the food served can have the same ingredients and nutritional value, the appearance can be less appealing. For those who also view mealtime as a social experience, they can feel isolated from their peers who are enjoying a “regular” meal. Here are a few tips to enhance the pureed mealtime experience.

### Food Thickeners

Instant food thickeners are flavorless powders that can be added to almost any food or fluid. Most thickeners can thicken a product to desired consistency within 60 seconds.

**Note:** The amount of thickener required will vary; add slowly to minimize lumps; consider end goal as “mashed potato-like consistency.”

### Gelatins

Mainly used for sandwiches, fruits, and desserts, flavored and unflavored gelatins can be used with cold food items to help “set” a desired shape and appearance.

### Pastry Bags with Various Tips

Pastry bag can create attractive effects with pureed foods. For example, use a **flat tip** to make pureed roast beef slices, bacon, or turkey slices. Use a **round tip** to make spaghetti or other pasta shapes. *Be creative!*

### Food Molds

Try using food-shaped molds to form pureed food into a natural product for a more attractive appearance. Most molds are shaped into portion sizes of 3-4 oz. (1/2 cup) and can be purchased through various online resources.

