



# Pureed Diet

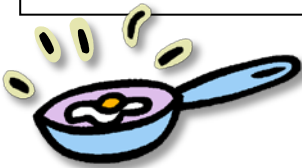


This diet provides foods that are easy to swallow because they are blended, whipped or mashed to a “pudding like” texture. This diet is appropriate for people who have difficulty with oral control and swallowing, and may help prevent choking. Order beverages as desired.

## Breakfast

### Entrees

Scrambled Eggs  
Low Cholesterol Scrambled Eggs



### Fruit & Yogurt

Applesauce  
Peaches  
Pears  
Yogurt: Vanilla or Strawberry



### Cereals

Grits  
Cream of Wheat  
Oatmeal



## Lunch/Dinner

### Meats

Beef      Turkey  
Chicken      Ham  
Pork

### On the Side

Whipped Potatoes      Corn  
Carrots      Peas  
Green Beans      Broccoli



### Soup

Tomato Soup  
Broth: Beef, Chicken, Vegetable

### Desserts

Ice Cream: Chocolate, Vanilla, Strawberry  
Light Vanilla Ice Cream  
Sherbet: Lime or Orange  
Milkshake: Chocolate, Vanilla, Strawberry

Italian Lemon Ice  
Popsicle  
Gelatin  
Pudding: Chocolate or Vanilla  
Diet Pudding: Chocolate or Vanilla

