



CAN I PUREE SEATTLE SUTTON'S HEALTHY EATING MEALS?

While we do not provide pureed meals, many of our meals may be pureed if you or a loved one requires a pureed diet. Here are some helpful tips!

To make pureed foods smooth, you can add:

WATER JUICE BROTH GRAVIES SAUCES MILK YOGURT

Do not add too much liquid or the food may be too runny. Place food in a blender or food processor. Depending on the type of food, add liquid from the list above and blend until smooth. After pureeing, the food should be smooth with no lumps, skins, strings, or seeds. If any lumps, skins, and seeds remain, use a fine mesh strainer before eating to remove them.

Some very soft foods such as avocado and potatoes may be mashed with a fork or masher until smooth. You can add a small amount of liquid to make the food smoother if needed.

Pureeing meats

Add 4 tablespoons of liquid for every 2 ounces of meat and puree. Add more liquid if needed.

Pureeing meals

Meals with soft foods will puree the best including entrees with pasta dishes, cooked meats, soup, chili, and stews.

Other tips for managing dysphagia:

- Eat in a quiet place
- Take your time when eating and drinking
- Reduce distractions, such as the television
- Sit upright during meals and remain upright for at least 30 minutes
- Do not talk while chewing or swallowing
- Swallow one mouthful before taking the next



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