

Which foods are suitable for puréeing?

✓ Possible ✗ Not possible

Vegetables	Mashed diet?	Single puréed diet?	Double puréed diet?
All skin and fibrous pieces must be removed before preparing any vegetable for pureeing			
Broccoli	✓	✓	✓ Stalks must be removed
Brussel Sprouts	✓	✓ Extra fluid required. Fibrous pieces must be removed	✓ Extra fluid required. Fibrous pieces must be removed
Cabbage, green	✗	✗	✗
Cabbage, red	✓	✓	✓ Ensure well cooked and soft before pureeing
Carrots	✓	✓	✓
Cauliflower	✓	✓	✓ Stalks must be removed
Celeriac	✓	✓	✓
Courgettes	✓	✓	✓
Leeks	✗	✗	✗
Marrow	✓	✓	✓
Parsnips	✓	✓	✓ Ensure well cooked and soft before pureeing
Pumpkin / butternut squash	✓	✓	✓
Runner beans	✗	✗	✗
Spinach	✓ Stalks must be removed	✗	✗
Swede	✓	✓	✓

Fruit	Mashed diet?	Single puréed diet?	Double puréed diet?
All skin, pips and stones must be removed before preparing any fruit for pureeing			
Apple, stewed/tinned	✓	✓	✓
Banana	✓	✓	✓
Blackberries, fresh/stewed	✗	✗	✗
Blackcurrants, fresh/stewed	✗	✗	✗
Cherries, tinned, stewed, skin removed	✗	✓	✓
Clementines, tinned, skin removed	✓	✓	✓
Gooseberries	✗	✗	✗
Loganberries	✗	✗	✗
Pears, stewed skins removed	✓	✓	✓
Plums, stewed skins removed	✓	✓	✓
Raspberries, fresh/stewed/tinned	✗	✗	✗
Redcurrants	✗	✗	✗
Rhubarb, stewed/tinned	✓ Remove fibrous pieces	✓	✓
Strawberries, fresh/stewed/tinned	✗	✗	✗

Carbohydrates	Mashed diet?	Single puréed diet?	Double puréed diet?
Cous cous	✓	✓ Note: texture remains slightly grainy	✗
Potato, boiled	✓	✓	✓
Pasta	✓	✓	✗
Noodles	✗	✗	✗

Meat	Mashed diet?	Single puréed diet?	Double puréed diet?
Beef, roast	✓	✓	✗
Beef, minced	✓	✓	✗
Pork, roast	✓	✓	✓
Pork, minced	✓	✓	✓
Lamb, roast	✓	✓	✗
Lamb, minced	✓	✓	✗
Chicken, roast	✓	✓	✓
Chicken, minced	✓	✓	✓
Turkey, roast	✓	✓	✓
Turkey, minced	✓	✓	✓

Fish	Mashed diet?	Single puréed diet?	Double puréed diet?
All skin and bones must be removed before preparing any pureed fish			
Cod, fresh baked/poached/in pie	✓	✓	✓ Requires extra fluid
Haddock, fresh baked/poached/in pie	✓	✓	✓ Requires extra fluid Remove all hard pieces of fish
Herring, tinned	✓ Note: remains coarse	✓	✓ Requires extra fluid Note: remains slightly grainy
Mackerel	✓	✓	✓ Requires extra fluid
Pilchard	✓	✓	✓
Salmon	✓	✓	✓ Requires extra fluid
Tuna	✓	✓	✓ Requires extra fluid

Meat/Fish products	Mashed diet?	Single puréed diet?	Double puréed diet?
Sausages, skin removed	✓ Requires extra fluid	✓ Requires extra fluid	✓ Requires extra fluid
Burgers, low meat content, processed	✗	✗	✗
Burgers, meat only, homemade	✓	✓	✗
Nuggets, chicken/turkey bought	✗	✗	✗
Fish fingers, breadcrumbs removed	✓	✓	✓

Disclaimer: The decision regarding appropriate textures for individual children should be based on the recommendations of a Registered Speech and Language Therapist. A food's ability to puree will depend on factors such as ripeness, cooking technique, equipment used and length of time in blender. This chart should be used as a reference only and judgements regarding the suitability of a food for an individual child should be made by those preparing the food and those assisting the child with their eating and drinking.