

Patient information

Puree diet IDDSI Level 4

International Dysphagia Diet Standardisation Initiative

Speech and Language Therapy

What are Puree foods (IDDSI Level 4)?

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Puree foods

- Are usually eaten with a spoon
- Do not require chewing
- Can be piped, layered and moulded but can't be poured
- Will hold its shape on a plate
- Have no lumps, fibres, bits of shell/skin, husk, gristle/bone
- Is moist and not sticky or rubbery
- Have no separate thin fluids or mixed consistencies
- Are to have no garnish

What does this mean for me?

A speech and language therapist has recommended your diet to be modified to **Puree** (IDDSI Level 4). By modifying food to this consistency, eating may become easier and safer for you, reducing the risk of aspiration (food/fluid entering the airway), which can occur when a person has dysphagia (swallowing difficulties).

How to prepare puree food

- A hand blender/ricer is the best way to puree food
- Flavours can be added to food e.g. herbs and spices (before blending)
- Food needs extra moisture to achieve a smooth consistency. For example, blend potatoes with cream, or milk or meat with gravy

- Don't blend food with water as this decreases its nutritional value
- Blend each food group separately and place individually onto the plate to make it look appetising (do not mix together)
- Moulds can be used to help presentation

Hints and tips

If you are unsure whether your food is the correct consistency for a puree diet, you can test it by using a spoon or fork:



Holds its shape on a spoon and slides off in one movement leaving no residue, the texture should not be firm or sticky.



Sits in a mound or pile above the fork but a small amount may flow through fork prongs to form a tail but will not dollop, flow or drip.

Ideas for a Puree diet (IDDSI Level 4)

The websites below may provide some ideas and general guidance for puree meals/recipes:

- **Eating with Dignity**
www.eatingwithdignity.org/recipes
- **Wiltshire Farm Foods**
<https://www.wiltshirefarmfoods.com/about-our-food/puree-meals-level-4>
- **Oak House Foods**
<https://www.oakhousefoods.co.uk/all-meals/puree.html>

Unsafe swallow (dysphagia)

Symptoms of dysphagia may include:

- Coughing
- Wet/gurgly voice
- Pain on swallowing
- Eyes watering while eating/drinking
- Repeated chest infections
- Drooling/dribbling
- Difficulty breathing during or just after eating
- Unintentional weight loss
- Sticking sensation in throat or chest

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Safe swallowing advice at meal times

- Ensure you are fully alert
- Sit upright while eating and drinking and for 30 minutes after
- DO NOT eat while lying down, it is very unsafe to swallow in this position
- Eat slowly, have small mouthfuls and take time
- Try not to talk while eating or drinking
- Check that there is no residue left in the mouth, either by using your tongue, using a mirror or asking someone
- Minimise distractions by turning off the radio, TV etc.

If you have any concerns regarding your swallowing, please contact your GP for a referral to the local speech and language therapy team.

Further information

Wiltshire Farm Foods: www.wiltshirefarmfoods.com

Oak House Foods: www.oakhousefoods.co.uk

International Dysphagia Diet Standardisation Initiative:
iddsi.org/framework/

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or 01279 827211.

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