

PUREED DIET

What is a pureed diet?

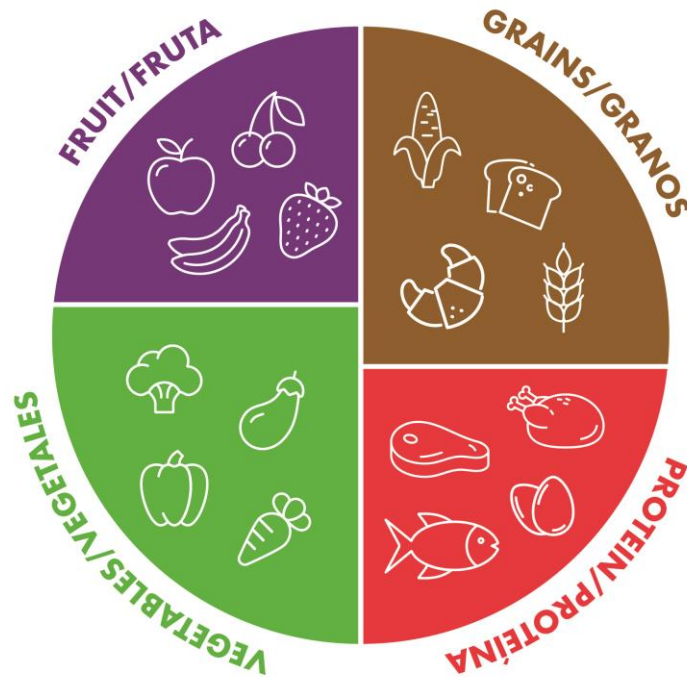
Your child must eat foods with a **smooth** texture, that do not require any chewing. Many natural foods can be blended to a puree, in a blender. **Soft, well-cooked foods** are the best to blend. See the recommended foods in each food group below, as well as what foods to avoid.

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
Dairy	<ul style="list-style-type: none"> ○ Smooth yogurt, kefir, cream, pudding ○ Cream cheese ○ Ice cream – no chunks 	<ul style="list-style-type: none"> ○ Hard cheese or melted cheese ○ Cottage cheese
Breads, grains, starches	<ul style="list-style-type: none"> ○ Any cooked and pureed smooth whole grains or cereals; oatmeal, rice, pasta, couscous, barley, teff, millet, quinoa ○ Pureed/creamed corn, potatoes ○ Pureed breads, pancakes, French toast, waffles 	<ul style="list-style-type: none"> ○ Any dry, hard or lumpy cereal ○ Granola
Meats and proteins	<ul style="list-style-type: none"> ○ Any cooked, smooth pureed meat, chicken, fish, tofu ○ Pureed scrambled eggs ○ Pureed legumes, lentils ○ Pureed smooth nut butter 	<ul style="list-style-type: none"> ○ Non pureed or lumpy, chewy meats ○ Avoid beans with thick skin ○ Chunky nut butter
Fruits and vegetable	<ul style="list-style-type: none"> ○ Stage 1 or 2 baby foods ○ Any cooked, smooth pureed fruits/vegetable, from fresh or frozen 	<ul style="list-style-type: none"> ○ Hard, dry chunks ○ Dehydrated/desiccated fruits/veggies ○ Fruit/Veggies with skin on
Fats, flavor, condiments, other	<ul style="list-style-type: none"> ○ Strained gravy ○ Smooth tomato or pasta sauce ○ Salt, pepper, herbs and spices, okay if finely ground ○ Honey, jam/jelly okay blended into a puree ○ Olive oil, smooth coconut, avocado puree 	<ul style="list-style-type: none"> ○ Cookies, cakes, pies/pastries, candy ○ Ice cream with nuts/seeds ○ Chips, fried or burnt foods



**DAIRY
LÁCTEOS**

**FATS
GRASAS**



**HERBS & SPICES
HIERBAS Y ESPECIAS**

Children's Hospital
LOS ANGELES



Additional nutritional recommendations for your child: