

High Calorie, High Protein, Puréed Diet for Head and Neck Cancer Patients

This type of diet will help make sure you eat enough calories (energy) and protein to meet your body's needs. You may find it hard or tiring to eat. You can increase calories in your diet by adding fats to the foods you eat.

Foods must be puréed to a **smooth**, mashed potato-like or pudding-like consistency. This can be done with a blender or food processor. If you plan to serve your food warm, you should cook the food before you purée it.

Food Group	Best	Good	Avoid
Breads, Cereals and Starches	<ul style="list-style-type: none">• Hot cereals made with whole milk with added butter and/or brown sugar• Puréed pancakes, waffles, or French toast with added butter and syrup• Mashed potatoes with added butter, sour cream, and/or gravy• Whipped sweet potato with butter and brown sugar• Refried beans• Purred noodles with cream sauce	<ul style="list-style-type: none">• Hot cereals (oatmeal, cream of wheat)• Puréed pancakes, waffles or French toast• Mashed potatoes• Whipped sweet potatoes	<ul style="list-style-type: none">• Cold cereals• Breads• Rolls• Crackers• Biscuits• Muffins• Baked Beans• Noodles• Rice

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Food Group	Best	Good	Avoid
Beverages	<ul style="list-style-type: none"> • Whole milk • Smoothies • Milk shakes • Cappuccino • Soda • Chai tea • Blended coffee drinks (such as Frappuccino) • Nutritional supplements such as Boost, Ensure, Carnation Instant Breakfast, Resource Breeze 	<ul style="list-style-type: none"> • 2% Milk • Juice • Coffee • Tea • Sports drinks • Kool-Aid • Water 	<ul style="list-style-type: none"> • Any smoothies or shakes with chunks (such as fruit or candy chunks)
Desserts	<ul style="list-style-type: none"> • Custard • Pudding made with whole milk • Smooth Greek yogurt without chunks • Smooth pie filling (lemon, key lime) without crust • Premium high fat ice cream with no chunks (Graeter's, Häagen-Dazs) 	<ul style="list-style-type: none"> • Puréed desserts and soufflés • Pudding • Yogurt without chunks • Drinkable yogurt • Whipped gelatin • Ice cream without pieces or chunks 	<ul style="list-style-type: none"> • Fruit bars or ice cream bars • Candy • Cookies • Cakes • Gum • Pie with crust or texture • Pastries • Textured puddings (such as rice or tapioca)
Fats	<ul style="list-style-type: none"> • Creamer • Half and Half • Butter • Regular sour cream, cream cheese • Strained gravy • Smooth sauces prepared with whole milk or cream including cheese sauce, white sauce or hollandaise sauce 	<ul style="list-style-type: none"> • Margarine • Low fat sauces • Low fat sour cream, cream cheese 	<ul style="list-style-type: none"> • All fats with coarse or chunky additives

Food Group	Best	Good	Avoid
Fruits	<ul style="list-style-type: none"> • Fruit juices or thickened nectar without pulp - may add baby fruit to juice to thicken • Puréed fruits with added honey or jelly 	<ul style="list-style-type: none"> • Puréed watery fruits including watermelon, grapefruit, oranges • Applesauce • Well mashed, fresh bananas 	<ul style="list-style-type: none"> • Whole fruit or pieces of fruit that are not puréed • Raisins or other dried fruit
Meats and Meat Substitutes	<ul style="list-style-type: none"> • Puréed meats with added gravy • Hummus • Puréed egg and cheese soufflés • Puréed egg, tuna or chicken salad • Puréed cottage cheese • Smooth peanut butter or other smooth nut butters 	<ul style="list-style-type: none"> • Puréed meats • Softened tofu 	<ul style="list-style-type: none"> • Whole or ground meats • Fried, scrambled, or hard cooked eggs • Cottage cheese • Chunky peanut butter or other chunky nut butters by itself
Soups	<ul style="list-style-type: none"> • Puréed cream soups such as cream of potato, broccoli cheese 	<ul style="list-style-type: none"> • Puréed vegetable or beef broth based soups 	<ul style="list-style-type: none"> • Soups that have chunks, lumps such as chili
Vegetables	<ul style="list-style-type: none"> • Puréed vegetables with added butter and instant mashed potatoes to help thicken 	<ul style="list-style-type: none"> • Puréed vegetables • Tomato paste or sauce without seeds • Tomato or vegetable juice 	<ul style="list-style-type: none"> • All other vegetables that have not been puréed • Tomato sauce with seeds

Sample Menu		
Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • Orange juice, ½ cup • Cream of wheat ½ cup • Sugar 2 teaspoons • Puréed eggs with cheese, ½ cup • Ketchup, 1 tablespoon • Margarine, 1 teaspoon • Decaffeinated tea, 1 cup • Non-dairy creamer, 2 tablespoons • Whole milk, 1 cup with 1 packet Instant Breakfast 	<ul style="list-style-type: none"> • Pineapple juice with tropical fruit baby food, ½ cup • Puréed beef, 3 ounces • Gravy, 2 tablespoons • Puréed fresh broccoli, ½ cup • Creamy cheese sauce, ¼ cup • Apple sauce, ½ cup • Sugar, 1 teaspoon 	<ul style="list-style-type: none"> • Puréed turkey barley soup, ¾ cup • Puréed Hawaiian chicken, 3 ounces • Mashed potatoes, ½ cup • Puréed spinach, ½ cup • Frozen yogurt, ½ cup • 1 cup whole milk with 1 packet Instant Breakfast • Margarine, 1 teaspoon
<p>Note: This sample diet provides 2150 calories and 110 grams of protein.</p>		

Some Cooking and Preparation Tips for Puréed Diets

- Purée meat after you cook it to a smooth, pasty consistency. Hot broth or hot gravy may be added to the puréed meat. Use 1 ounce of liquid per 3 ounce serving of meat.
- You may add 1 jar of strained baby food (meat) to a soup such as strained chicken noodle soup.
- When you use a blender to purée foods, add as little fluid as possible at first. Add gravies, sauces, juices, milk and half-and-half as needed to adjust the thickness.
- Use the water from cooking vegetables to add vitamins when you purée meats and vegetables.
- Potato flakes can help to thicken puréed foods that have been thinned too much.
- Add dry milk powder to food to increase calories and protein in your diet. Add 1 cup of dry powdered milk to 1 quart of liquid milk. This protein fortified milk can be used when you make creamed soups, sauces, milkshakes and puddings.

- Do not eat peanut butter or any nut butter by itself. Smooth nut butters, such as peanut butter can be used as part of a puréed recipe that is easy to swallow.
- Make your favorite items in large batches. You can then freeze these items in smaller portion sizes.
- When you reheat foods, it is important to make sure a tough crust does not form on the outer layer of the food. This could be hard to swallow.