



Puree, Level 4 Foods

Last month's **IDDSI Can Do!** feature focused on advocating for the needs of people with dysphagia. Over the next few months, we will explore the different food textures. Keep the [IDDSI Framework](#) close at hand and you will always be a texture testing champion!

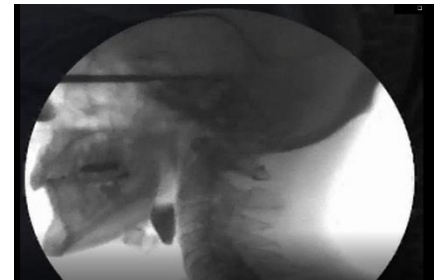
What is a Pureed (PU4) Food?

4 PUREED

Pureed foods are categorized as Level 4 based on the IDDSI Framework. Level 4 foods are moist, smooth and not sticky. They are too thick to flow through the tines of a fork. Pureed items don't require any chewing and promote swallowing safety when oral coordination and strength are impaired. You can easily verify if an item meets the standard for puree by using the IDDSI [Puree Audit Tool](#). A great way to share this information is with the [Puree Patient Handout](#).

Watch Out for Pureed Imposters!

Not every smooth food meets the IDDSI standard for pureed, (PU4). Sometimes when foods are overly gelled and styled into "formed purees" they will fracture instead of dissolve in the mouth and can even cause choking. This image shows a piece of jelly lodged in the airway. Use the fork pressure and spoon tilt tests to make sure the foods you serve aren't too hard or sticky.



IDDSI Makes it Easy

The IDDSI website (www.iddsi.org) is your best place to find resources for every diet texture question. Check out this [article](#) to learn more about the pluses and pitfalls of purees!



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