



# 4 PUREED



## Level 4 Pureed Food for Babies and Children

### What is this food texture level?

Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are NOT sticky
- ✓ Liquid (like sauces) must not separate from solids



### Why is this food texture level used for babies and children?

Level 4 – Pureed Food may be used if your child is not able to bite or chew food or if your child’s tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

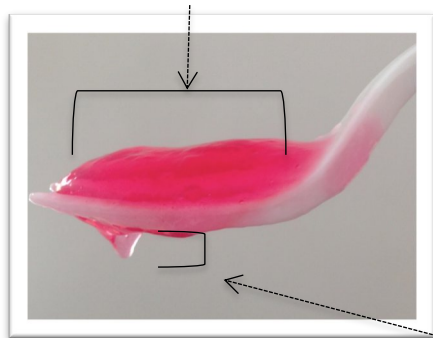
It’s important that puree foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

### How do I test my food to make sure it is Level 4 Pureed?

It is safest to test Pureed Food using the IDDSI Fork Drip Test *and* the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at [www.IDDSI.org/framework/food-testing-methods/](http://www.IDDSI.org/framework/food-testing-methods/)

Extremely thick liquids sit in a mound or pile above the fork



#### IDDSI Fork Drip Test

Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



#### IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

**Pureed food must pass both tests!**

Intended for general information only

Please consult with your health care professional for specific advice for your baby or child



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For safety, **AVOID** these food textures that pose a choking risk for babies and children who need Level 4 Pureed food

Food characteristic to AVOID	Examples of foods to AVOID
<b>Mixed thin + thick textures</b>	Soup with pieces of food, cereal with milk
<b>Hard or dry food</b>	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
<b>Tough or fibrous foods</b>	Steak, pineapple
<b>Chewy</b>	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
<b>Crispy</b>	Crackling, crisp bacon, cornflakes
<b>Crunchy food</b>	Raw carrot, raw apple, popcorn
<b>Sharp or spiky</b>	Corn chips and crisps
<b>Crumbly bits</b>	Dry cake crumble, dry biscuits
<b>Pips, seeds</b>	Apple seeds, pumpkin seeds, white of an orange
<b>Food with skins or outer shell</b>	Peas, grapes, chicken skin, salmon skin, sausage skin
<b>Foods with husks</b>	Corn, shredded wheat, bran
<b>Bone or gristle</b>	Chicken bones, fish bones, other bones, meat with gristle
<b>Round, long shaped food</b>	Sausage, grape
<b>Sticky or gummy food</b>	Nut butter; overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
<b>Stringy food</b>	Beans, rhubarb
<b>Floppy foods</b>	Lettuce, cucumber, uncooked baby spinach leaves
<b>Crust formed during cooking or heating</b>	Crust or skin that forms on food during cooking or after heating, for example, cheese topping, mashed potato
<b>'Floppy' food</b>	Lettuce, cucumber, baby spinach leaves
<b>'Juicy' food</b>	Where juice separates from the food piece in the mouth, for example watermelon
<b>Visible lumps</b>	Lumps in pureed food or yoghurt
<b>Extra Clinician notes</b>	

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