

# Puree to Perfection

A Guide to Implementing the Approach

Nutrition and Dietetics Department - Osborne Park Hospital, Western Australia  
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The **Puree to Perfection** manual includes:

- ✓ A 3 weekly cyclic menu and recipes
- ✓ Photographs and nutritional analysis of all meals
- ✓ Detailed guidelines for staff training and demonstration

Guaranteed to improve:

- ✓ **Appearance**
- ✓ **Nutritional Content**
- ✓ **Taste**
- ✓ **Texture and Consistency**
- ✓ **Variety of Puree Meals**

For further information or purchasing details contact the Nutrition & Dietetics Department, Osborne Park Hospital **Ph: (08) 9346 8128.**

**Bring Food **BACK** to Life**

# PUREE TO PERFECTION

In July 2000 the Health Department of Western Australia funded Osborne Park Hospital (OPH) to conduct the *Texture Modified Diet Improvement Project (TEM DIP)*. The project was run from July 2000 to January 2002. It was coordinated by a dietitian who worked closely with a senior cook and speech pathologist to assess and improve the puree diet at OPH. One of the project results was the development of the **Puree to Perfection** manual.

The **Puree to Perfection** manual aims to assist in the implementation of an attractive and nutritionally superior menu for people requiring a puree diet. It contains a three week menu, corresponding recipes, a training demonstration and guidelines to implement the system into any catering setting.

OPH has successfully used this manual to achieve a system that produces quality puree food. Pre and post evaluation of the puree meal service using a satisfaction survey has shown significant improvements in **appearance, variety, taste, nutritional content, texture** and **consistency** of the meals compared to the previous puree system in operation.

A wastage study conducted after implementation of the new menu also showed minor reductions in food waste. Nevertheless it is important to note that the new meals have been nutritionally fortified, thus improving the nutritional intake of clients.

The manual is set out into divided sections:

- ◆ **THREE WEEKLY CYCLIC MENU**  
Incorporates core food groups and includes soups, mains, and desserts
- ◆ **STANDARDISED PUREE RECIPES**  
Including nutritional analysis of each recipe
- ◆ **TRAINING DEMONSTRATION:**  
Designed to train catering staff in the process and production of the menu and puree recipes. Includes a theory presentation & practical food demonstration with colour overheads.
- ◆ **APPENDICES**  
Contains valuable information to assist with implementation of the menu and recipes including colour photos of each meal, costs, serve size calculations etc.

The recipes have been produced using a variety of preparation techniques and ingredients to ensure a product that is visually appealing, delicious to taste and nutritious. In order to puree most foods, it is necessary to add water. This, of course, increases volume without increasing nutritional content and requires that the individual on a pureed diet eat more, which is not always possible. If non-nutritional thickeners are also added, the energy density and vitamin/protein/mineral content of the meal can also be further reduced.

For these reasons special attention has been given to minimising the amount of fluid and thickeners used in the recipes to reduce diluting nutrients. In addition skim milk powder has been added to many recipes to increase protein and calcium of the meals. Pasta and rice are also incorporated frequently to encourage intake of cereal serves, which are often neglected in a puree diet.

The menu has been designed to work in most kitchen settings however individual modifications may be required. Osborne Park Hospital functions as a cook fresh system however the new puree meals are produced one day a week in bulk and frozen. Soups, vegetables and certain desserts are made on the day of service. Alternatively all recipes can be made in advance and chilled but not all recipes are suitable for freezing. A one month production cycle has been developed to help assist in efficient bulk production.

**Any further queries regarding the content of this manual or to obtain a manual order form, contact the Nutrition and Dietetics Department at Osborne Park Hospital on (08) 9346 8128.**

**The cost of the manual is \$155 (GST inclusive)  
Plus \$10 postage and handling.**

