

Smooth Puree Foods: Looks Good, Tastes Great Can this be true?



Restoring dignity to a Texture Modified Diet

Smooth puree meals are inevitable in aged care. Certain residents, particularly those in high care, need them due to

- poor chewing ability
- swallowing problems
- fatigue during meals

Until now, the **variety of items** and the ability to provide **consistently smooth serves - with no lumps** has proved a challenge. **Inexperienced puree production staff**, **time management** challenges and **production costs** have all typically impeded quality service.

For residents, as well as catering staff and nursing assistants, the **difficulty to recognise foods** and the **monotony of choice** has also proved depressing; “What else can we provide as snacks besides yoghurt, pureed fruit and custard?”

TCF now provides a breakthrough

- Foods can be identified
- Foods are always lump free
- Specially designed recipes, high in nutrition are used
- A wide variety of items, including desserts and cakes, are now readily available



The benefits of smooth pureed foods, moulded to look like the original food, include:

- We ‘eat with our eyes’ ; psychologically the eating experience is dramatically enhanced as residents and carers – and caterers – can identify the food presented, and respond emotionally
- Tests show diners eat more when they can recognise these foods, and feel they are eating a dignified, not inferior, meal*
- TCF meals resulted in increased resident satisfaction, as well as improved meal consumption*
- Made to specially designed recipes, the TCF options are nutritionally dense; a highly valuable benefit to compromised diners
- The food is easy to eat – no lumps with smooth consistency
- Kitchen staff report increased sense of pride producing meals and improved job satisfaction*
- A wide range of TCF options (meats, fruit, vegetables ,desserts and baked goods) ensures a varied range of menu choices

The labour involved to produce properly prepared, moulded smooth puree foods in individual facilities is rarely viable, so TCF’s pre-prepared options are cost effective and labour efficient; just ‘**Plate, Thaw, Heat and Serve**’.









We hope that TCF can meet the need to provide a smooth puree meal that now looks great, tastes great and restores the dignity to meal times – for diners, carers and caterers.

Anyone can now present a smooth puree meal that is fantastic!

* TCF meals were examined in a study by Monash University in 2012



In the near future...

-  HACCP approval
-  Ice-cream formulation for low energy and high energy options
-  Ice-cream in portion control containers
-  More variety in meal items
Use of raw foods and fibrous foods (e.g. pineapple)
-  More desserts and special occasions treats
-  Additional sauces to add to the meals
-  Further identification of nutrition information and suitability for special dietary needs, allergies and intolerances.
-  Will listen to any suggestions and try make the impossible, possible!