

Level 3

Pureed and strained

Food group	Pureed food choices
Bread, cereal, pasta, starchy vegetables and rice	Unsweetened hot cereals – strained or baby oatmeal, cream of wheat, farina, grits, cream of rice Use skim milk or 1% milk to thin cereal. Mashed potatoes, mashed sweet potatoes, no skins
Fruit	Mashed banana, unsweetened applesauce, pureed canned fruit packed in water or natural juices (ex. peaches, pears, fruit cocktail), pureed skinless soft fresh fruit AVOID FRUITS IN SYRUP OR ADDED SUGAR
Vegetable	Pureed carrots, green beans, beets, acorn squash, zucchini, broccoli, cauliflower, tomatoes Tomato sauce 2 oz. low sodium vegetable juice
Meat, poultry, fish, beans and eggs	Pureed skinless chicken, turkey, and fish Finely mashed beans – kidney, chick peas, cannellini
Milk, cheese and yogurt	Fat-free, 1% milk, Lactaid®, or low-fat soy milk Fat-free or low-fat sugar free yogurt – no pieces of fruit Greek style fat-free sugar-free yogurt Whipped or small curd fat-free/low-fat cottage cheese pureed Fat-free/low-fat ricotta cheese, pureed
Fats and oils	Pam® coating spray, 1 teaspoon olive/canola oil or low-fat mayonnaise Fat-free or low fat salad dressing
Miscellaneous	Sugar free Popsicles Smooth consistency baby foods are acceptable – choose high-protein and low-sugar varieties (i.e., meats)
Liquids (sip throughout the day but not during meals. Drink at least 6 to 8 8oz cups of fluid per day)	NON-CARBONATED / SUGAR FREE / FAT FREE BEVERAGES ONLY Water, Crystal Light®, regular and decaf coffee/tea, fat-free milk

Most foods (low in sugar and fat) can be eaten as long as they are put into a blender and the final consistency is puree similar to prepared baby food. *For people who do not want to do any preparing, canned and jarred baby foods are acceptable. Choose the ones low in sugar and higher in protein (meat and chicken).