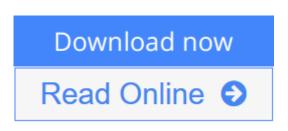


Essential Puree - The A to Z Guidebook with 67 Pureed Recipes for the Dysphagia Diet

By Diane Wolff



Essential Puree - The A to Z Guidebook with 67 Pureed Recipes for the Dysphagia Diet By Diane Wolff

Delicious puréed recipes for anyone with swallowing disorders, including three levels of Dysphagia (Soft Diet, Modified Soft Diet and Puree Diet).

Provides a system for setting up and running a purée kitchen.

Taking the guesswork out of the setup, the Essential Purée system is fast, easy, organized and smart.

Indispensable for caregivers and families coping with patients with dysphagia or swallowing difficulties, this guidebook features:

- 67 Puréed Recipes, for adults, of classic American comfort foods
- Steps to setup of the pantry, refrigerator and freezer
- A guide to the best kitchen tools and the best and healthiest cooking methods

Tips for making great-tasting purée

- How to select ingredients for nutritional healing
- How to organize a cooking schedule so that you are not chained to the kitchen and a great meal is always on hand
- How to store food safely and tells how to label food and keep track of what is on hand
- Practical advice from a home cook who has been in the situation of the caregiver

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Editorial Review

About the Author

Diane Wolff has been published in "The New York Times," "The New York Times Book Review," and the "Chicago Tribune", among others, for her work on China and Tibet.

Essential Puree is the book she wishes she had when caring for her mother. This labor of love is the culmination of years of research, trial and error, and a strong desire to share what she has learned about coping with Dysphagia, or caring for someone with dysphagia, with the world.

Essential Puree brings flavor, aroma and fun to a pureed diet.

Users Review

From reader reviews:

Lois Maestas:

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