How to Change Texture of Food

Puree (or mash) is cooked food, that has been ground, pressed, or blended to the consistency of a creamy paste or liquid



• Try pureeing pasta, rice, oats, potato, pumpkin and fruit

Grate food to reduce it to small shreds by rubbing it on a grater



• Try grating carrots, zucchini, potato, onion, apples and cheese

Chop foods into bite-sized pieces

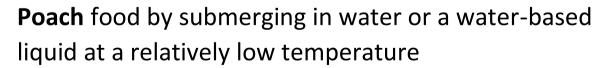
• Chop fruit and vegetables



Dice fruit and vegetables



Boil eggs, fruit and vegetables



• Poach chicken, eggs, fish and fruit

Bake food with the use of dry heat such as an oven

• Bake fruit and vegetables









