Spoon Test for Puréed Food

Wendy J. Dahl and Jamila R. Lepore

Why should you use the spoon test for puréed foods?

Puréed foods prepared for people with swallowing problems should meet the recommended textural guidelines. Proper texture is the priority when creating purées. A puréed food should have a uniform texture that is “spoon thick” and does not require chewing. It should not be too dry, sticky, lumpy, or thin. Adjustments in thickness may be made according to the individual’s specific needs.

How to use the spoon test

A spoon test can be used for small batches of food to ensure that the food is the recommended texture and “spoon thick.”

It is important that puréed food is not too thin and not too thick. A yogurt- or pudding-like consistency is considered “spoon thick” and is the proper texture for purées.

Use the pictures to make sure your puréed food is the proper consistency.

Learn More

The Family and Consumer Sciences (FCS) agent at your county Extension office may have more written information and nutrition classes for you to attend. Also, a registered dietitian (RD) can provide reliable information to you.

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Just Right

Too Thin

Too Thick

It is important that puréed food is not too thin and not too thick.

Use the pictures above to make sure your puréed food is the proper consistency. Aim for a yogurt- to pudding-like consistency.