Revolutionising Mealtimes with New Purée Range from apetito

Expanding on an already extensive range of world-leading specialist nutrition meals, apetito is launching a new and improved range of Level 4 Purée dishes designed to bring joy and dignity back to mealtimes for residents with dysphagia.

Maia Fergus-O'Grady, Dietitian and Senior Category Executive for Specialist Nutrition at apetito speaks on the exciting innovations to the range and how this will be providing a step-change in its texture-modified offering for care homes:

"After listening closely to customer feedback and preferences, we have made some significant changes to our Purée range to greatly improve our offering for residents. One key refinement has been bringing all our Puréed dishes into the smaller 'Purée Petite' portion size that is still packed full of flavour and meets the BDA guidelines for 'Energy Dense'.

"We understand that this smaller portion size is much more manageable for those living with dysphagia and ensures those with smaller appetites are receiving sufficient calories and protein – nutrients which are crucially important as we age.

"We know how important mealtimes are for residents in care homes, and so further enhancing the dining experience has been a key focus for us. We've taken the step of incorporating many more puréed sauces and gravies into the range to elevate the flavours across our texture-modified meals and allow those living with dysphagia to enjoy all the dishes they love in a safe texture.

"In addition to this, we have introduced an array of brand-new side dishes to some of the meals, including sweetcorn and green beans, that are typically considered 'higher risk' and difficult to blend at home. We're extremely proud to be making these vegetables accessible to those living with dysphagia and expanding on the variety offered within our range.

"Another important update is improving the allergens within the meals by making several of our Purée dishes gluten-free. 11 are now made without all 14 recognised allergens and many more are made without milk and soya. This gives wider choices for residents living with special dietary requirements and helps homes provide more options to avoid menu fatigue.*

"We are confident that our improved range of Purée meals will allow care homes to provide safe and even more varied meals to residents living with dysphagia."

As part of this range regeneration, apetito is introducing five brand-new Purée meals into its Level 4 range, including a Purée Chicken Korma, Purée Fish Pie, Purée Bean Chilli and two potato-topped pies, Purée Cottage Pie, and Purée Shepherd's Pie. The launch also sees 12 revamped Purée meals, with improvements that mark an exciting evolution for the world-leading range that is created in line with IDDSI guidance.

apetito offers a world-leading texture-modified solution that could help your care home meet residents' complex dietary needs. Find out more at apetito.link/carehomes

*Please note that "Made Without" does not mean "Free From". Made without means that the identified ingredient is not part of the recipe, but very small amounts could be present. The intended purpose is to enable the avoidance of an ingredient disliked due to its taste or texture. Food 'made without' an ingredient may not be suitable for someone living with food hypersensitivity.