

Rubicon

Puree Program

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What You Can Expect

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Who We Are

Rubicon is a family-owned company based in Indianapolis, IN, with over 20 years of experience in texture-modified foods. Our mission is to make it easier for healthcare communities to create beautiful, IDDSI Level 4-safe meals that are both consistent and dignified.

Our Products

We offer instant dry mixes for hard-to-puree items like bread, rice, pasta, corn, and desserts. Just add water and heat—no blending or extra prep required.

Plate Presentation Made Simple

Start by scooping our purees as a scratch replacement. You can stop there, or when you're ready to shape, our recipes are simple and practical. With our complimentary shaping tools and training videos and support, creating shaped puree meals can be fun and attainable without disrupting your operations.

Why Rubicon?

Manufactured frozen purees are very expensive and take up freezer space. Scratch recipes can be more labor-intensive. Rubicon offers a reliable, easy-to-use alternative that saves time, reduces waste, and ensures a consistent texture.

Rubicon Products

















Hard-to-Puree Menu Items

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PROBLEM

> Puree breads, rice, pasta, desserts - highest reported incidents of choking.

> These are the most difficult menu items to achieve a consistently safe texture.

> Many customers previously relied on adding too much expensive thickener, which often resulted in unsafe products or led to them leaving them off the menus altogether.



SOLUTION

> Rubicon Puree Mixes provide easy, just-add-water recipes that eliminate guesswork and ensure a safe, consistent texture while saving labor.

Hard-to-Puree Menu Items

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Why regular bread is not safe:

Bread doesn't break down easily with saliva. It turns gummy and sticky, increasing the risk of airway obstruction.

It can form a cohesive bolus that clings to the throat, leading to choking or aspiration (especially if it's dry or fibrous).

Even with moistening, traditional bread can require complex oral motor control that people with dysphagia often lack.

Puree bread is served for IDDSI Diet Levels 4-6. Use appropriate diet level filling for sandwiches or garnish.



IDDSI Tricks for Rubicon Mixes

Use these tweaks to adjust if needed. All environments are different, so you might have to test and find what works for you in your kitchen. **YOU SHOULD ALWAYS TEST.**

Too firm?

- Add up to 4 tablespoons of additional water per 1 cup of dry mix.

Too sticky?

- After holding made up product for 15 minutes, stir in up to 2 tablespoons of oil per 1 cup of dry mix. This will coat the product, reducing stickiness.

Shaping trouble?

- Pay close attention to recipe details - especially correct volumes and temperature ranges. Use a scale, if possible.
- For bread: try covering and chilling down in cooler for 30 minutes. Shape while cold, then retherm covered in 350°F oven or steamer.
- Other mixes: while bringing up to temp, use a thermometer to temp several spots of the mix to make sure it is at proper temperature throughout.



Puree Bread is suitable for IDDSI Levels 4–6. Be sure to use appropriate garnishes or sandwich fillings that align with each diet level.

Plate Presentation

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- Shape 1 to 2 items to the plate to get away from the 3 plops
- Learn simple shaping techniques using tools such as a ricer or molds. Training videos and support available
- Shape your puree items on the line, versus pre-plating and keeping the plate at temp
- Start with mastering one shaping recipe. Build confidence in your kitchen, then add another. Small steps lead to big results.
- Training Videos









Improved Calorie and Protein Intake Following Implementation of Formed Pureed Food

Melanie Betz, Anne Coltman, Sarah Peterson, Diane Sowa
Rush University Medical Center, Chicago, IL 60612

Introduction

Acceptability and intake of texture modified diets is generally poor[1-3]. One possible reason for poor acceptability is unappetizing appearance of pureed foods. As a result, patients often require supplemental enteral nutrition to meet calorie and protein needs. Increased acceptability and caloric intake from pureed diets may help hasten the transition from enteral nutrition to oral diet.

Objective

The purpose of this quality improvement project was to determine if the use of formed pureed foods to improve appearance of meal trays would result in increased calorie and protein intakes when compared to non-formed pureed foods.

Methods

- This QI project utilized a convenience sample of patients admitted to general medical/surgical and rehabilitation floors.
- Before implementation of formed pureed foods, patients received pureed meals in small bowls or divided plates. After implementation, patients received pureed foods that have been formed to be more appetizing.
- Calorie counts were completed for all patients receiving pureed diets before (Aug 2013 – Jan 2014) and after (March 2014 – July 2014) implementation of formed foods.
  - Nursing staff completed calorie counts by estimating percentages of each food item eaten.
  - Food items from home and snacks were not included.
- Total calories and protein consumed at breakfast, lunch, and dinner was summed to determine total calories per day.
  - If meals were missing, average calories and protein per day were imputed from available data.
- Average daily calories and protein were determined by summing all available days and dividing by number of days.
- Daily calorie requirements were estimated at 25-30 kcal/kg dosing weight; protein requirements were estimated at 1-1.2 g/kg dosing weight.
- Due to non-normal distributions, nonparametric statistics (medians (25, 75 percentiles), Mann Whitney U, and chi-square) were used.

Figure 1. Calories and Protein Consumed Pre and Post Formed Pureed Food Implementation

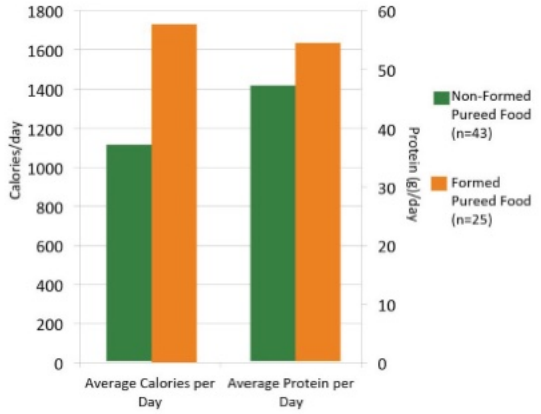
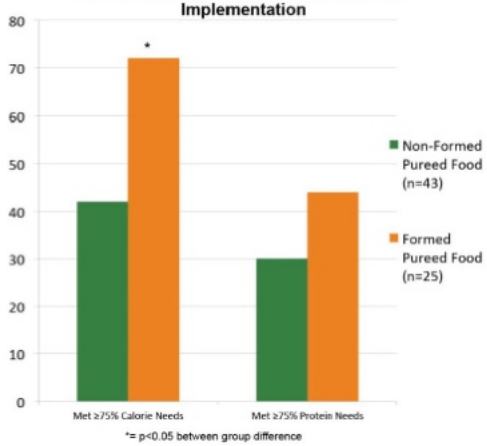


Figure 2. Percent of Patients Meeting Nutrition Needs Pre and Post Formed Pureed Food Implementation



Results

- A total of 68 patients were included; 43 in the pre and 25 in the post formed pureed food group.
- The median age of the sample was 68.5 years and the median BMI was 25.4 kg/m^2; there were no differences in demographic variables between groups.
- Significantly more patients met at least 75% of calorie needs after implementation of formed foods (42% versus 72%, p=0.016, Figure 2). A non-significant increase in patients who met at least 75% of protein was also found (30% versus 44%, p=0.252).

Conclusion

- Patients who received formed pureed foods consumed an average of 500 calories more per day than those not receiving formed foods.
- Significantly more patients met at least 75% of estimated calorie needs after formed foods were implemented.
- Further research is needed to determine the effects of formed foods on duration of supplemental enteral nutrition.
- The use of formed pureed foods may be beneficial in improving intakes of patients on pureed diets and help accelerate transition from enteral nutrition to oral diet.

1.Comparison of energy and protein intakes of older people consuming a texture modified diet with a normal hospital diet. *Hum Nutr Dietet* 2005, 18, pp. 213–219.
2.Energy, protein, calcium, vitamin D and fibre intakes from meals in residental care establishments in Australia. *Asia Pacif J Clin Nutr* 2003, 12 (2): 172-177.
3.Issues Associated with the Use of Modified Texture Foods. *Jour Nutr, Health & Aging* 2012, 16 (3): 195-200.

Figure 3. Pictures of Pureed Meals



Pre-Formed Food | Post-Formed Food
Top: Barbeque pork, corn, mashed potatoes
Bottom: Salmon, carrots, mashed potatoes

RUSH UNIVERSITY MEDICAL CENTER

A study conducted at Rush University found that residents who consumed shaped puree ate an average of 500 more calories per day compared to those who had non-shaped purees.

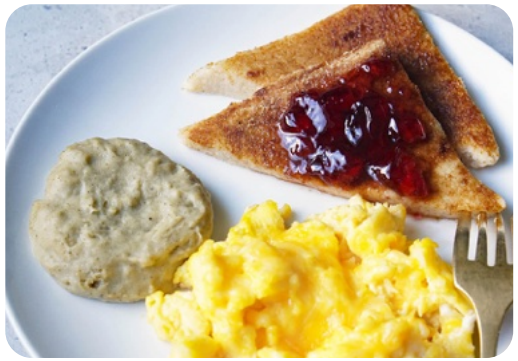
What You Can Expect

- Increased weight gain
- Reduced need for supplementation
- Reports of undernourished texture modified residents requesting second servings
- Positive feedback and reviews from family members praising the puree program



Puree Products

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Purée Bread Shaping

Learn this one technique & create numerous shaped menu options



Add hot water and oil to puree bread mix. Spread into prepared sheet pan. Let sit 10 minutes.



Roll into cinnamon rolls or cut into desired shape. Sheet pans can be made in bulk in advance and stored.

Puree Shaping Support



Advanced Bulk Prep

Puree Bread

> Bulk produce up to 3 days worth of puree bread sheet pans at one time

> Store wrapped in cooler and pull for breakfast, lunch and dinner service

> Retherm on fresh sheet pan or shallow hotel pan.

> Zero waste method. Instructions included with purchase

Easy Shaping

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Texture Modified Desserts

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Puree Desserts

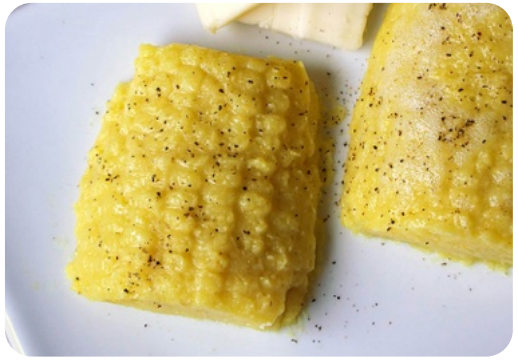
Cake Slices, Mini Cakes, Brownies, Dessert Bars, Cookies, Doughnuts

- Add a few kitchen staple ingredients to Puree Bread Mix
- Instant recipes, no baking or food processor required
- Use the same recipe and follow simple shaping recipes to create numerous dessert menu items
- Can be used different diet levels with appropriate garnish
- Flavors: lemon cake, apple spice, chocolate cake, peanut butter, cinnamon swirl, vanilla sugar

Puree Products

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Purée Line Shaping

Only one extra step to shape your puree rice, pasta, corn & proteins



Add scoop to ricer and pump puree pasta or ricer out onto plate.



Add scoop and spread puree proteins or puree corn into provided mold and flip onto plate.

Shaping ricer and molds provided with purchase of Rubicon cases

Advanced Bulk Prep

A successful texture modified program is planned out and done in advance!

- Frequent menu items - starches, breads, proteins, desserts
- Great for small to medium #'s of purees. Eliminate making up small portion recipes.
- Zero waste method
- Date & label properly - FIFO
- Season or enhance when retherming, then shape



Large Batch Production

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- To avoid slowing down your line, pre-mold servings in advance while at temperature.
- Store them upside down in a hotel pan with a small amount of water, and cover with a lid.
- This creates a steam bath environment that helps keep proteins moist.
- Use each mold once during service, then wash and sanitize for the next use.



Customer Photos

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Customer Photos

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Hands On Shaping & IDDSI Testing

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- Everyone will shape a puree waffle.
- Spray waffle mold and spread a 2 oz scoop of puree bread mix into the mold. Flip mold onto plate and release mold.
- Grab a plastic spoon and fork for IDDSI Level 4 Testing.

IDDSI Level 4 Puree Audit Sheet

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Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance			
* No lumps	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Critical: Fork Drip Test (metal dinner fork needed)			
* Food sits in a mound above the dinner fork (a small amount may form a tail below the dinner fork)	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
* Does not drip or flow continuously through dinner fork	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Critical: Spoon Tilt Test (teaspoon needed)			
* Holds shape on teaspoon	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
* Food slides off teaspoon with little food left on teaspoon (i.e. **not** sticky)	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
May spread or slump slowly on a flat plate	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Alternative if Fork or Spoon not available: Finger Test			
* Hold a sample on fingers without it dripping through continuously	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
* Food slides smoothly and easily between fingers	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Food may leave noticeable residue on fingers but is **not** sticky	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Preferred but not critical: Fork Pressure Test			
Prongs of fork make clear pattern on surface OR food briefly retains dinner fork indentation marks	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
OVERALL CONCLUSION: Does the sample meet the criteria for:			
Level 4 Pureed?	**☐Yes ☐No**	**☐Yes ☐No**	**☐Yes ☐No**