

# High Risk Foods

**Be aware of these food types. They are often very difficult textures to chew and swallow.**



## **Stringy, fibrous textures**

e.g. pineapple, runner beans, celery, lettuce, mange tout, bacon, gammon



## **Skins and husks**

e.g. broad beans, baked beans, soya beans, kidney beans, peas, grapes, chick peas, satsumas, sausages.



## **Mixed consistency foods**

e.g. cereals which do not blend with milk (e.g. muesli, cornflakes), mince with thin gravy, curry with thin sauce, soup with lumps, e.g. minestrone.



## **Crunchy foods**

e.g. toast, flaky pastry, dry biscuits, crisps.



## **Crumbly items**

e.g. bread crusts, pie crusts, crumble, dry biscuits.



## **Hard foods**

e.g. boiled and chewy sweets and toffees, nuts and seeds.



## **Husks**

e.g. sweetcorn, granary bread, seeds.



## **Chewy Foods**

e.g. steak, pork chops, naan bread.