

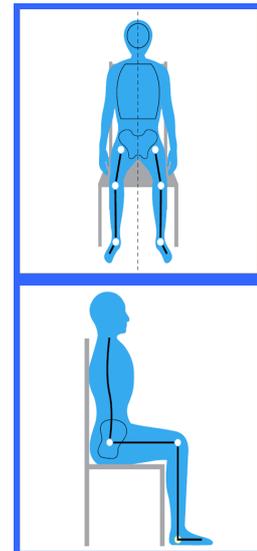


Eating drinking and swallowing

If you are experiencing difficulties when eating, drinking or swallowing, you can choose food and drinks that are easier to swallow. This can help to maintain your nutritional and hydration needs, reduce your swallow symptoms and make eating and drinking a more enjoyable experience.

How to eat and drink safely

- X** Avoid eating when tired, upset or stressed
- X** Avoid talking when eating and drinking
- ✓ Eat in a well-lit, quiet, relaxed atmosphere
- ✓ Reduce distractions, e.g. turn off the television
- ✓ Sit upright and central for all meals, snacks and drinks
- ✓ Take small bites of food and chew well before swallowing
- ✓ Eat/drink slowly, pausing between bites/sips



Coughing on drinks

If you experience coughing during or immediately after swallowing a drink, or notice a 'wet gurgly' voice quality, this could be a sign that your drink is 'going down the wrong way'.

What should I do?

- X** Avoid taking larger amounts or repeated sips.
- X** Avoid tilting your head back.
- ✓ Take small sips of fluid at a time at a slow pace.
- ✓ Keep your head tilted forward.
- ✓ Try naturally thicker fluids.



Naturally thicker drinks

- Hot drinks: Ovaltine, Horlicks, hot chocolate, cappuccino.
- Cold Drinks: milkshakes, smoothies, mango juice, guava juice, tomato juice.
- Alcohol: cream liqueurs.



Should I change my diet?

You can modify your diet to make eating, drinking and swallowing easier, and mealtimes more enjoyable. Modifying your diet may reduce or eliminate swallowing difficulties and help you meet your nutritional needs. Try some of these suggestions...

Should I avoid any food types?

- These food textures are more difficult to chew and swallow.
- Take extra care or choose an alternative if you have difficulty swallowing them.

<p>Stringy, fibrous textures e.g. pineapple, runner beans, celery, lettuce, mange tout, bacon, gammon.</p>		<p>Hard foods e.g. boiled and chewy sweets and toffees, nuts and seeds.</p>	
<p>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).</p>		<p>Skins and husks e.g. broad beans, baked beans, soya beans, kidney beans, peas, grapes, chick peas, satsumas, sausages.</p>	
<p>Crumbly items e.g. bread crusts, pie crusts, crumble, dry biscuits.</p>		<p>Crunchy foods e.g. toast, flaky pastry, dry biscuits, crisps</p>	
<p>Husks e.g. sweetcorn, granary bread, seeds.</p>		<p>Chewy Foods e.g. steak, pork chops, naan bread.</p>	

Soft-fork mashable diet

Try this diet if you feel your swallowing is effortful; experience food sticking in your throat or mouth; cough or feel the need to clear your throat during or immediately after eating.

Description

- Food is soft, tender and moist.
- Served with a very thick, smooth gravy or sauce
- Some chewing needed.
- Fruit should be skinned, with pips and stones removed.
- Meat should be tender and can be mashed with the back of a fork. Pieces of meat should be no larger than 15 mms.



Ideas: Casserole or stew, lasagne, shepherd's pie, spaghetti bolognese.

Finely minced-mashed diet

Try this diet if you experience difficulty chewing and/or swallowing pieces of solid food, or if it takes a long time to eat your meals.



Description

- Moist with some variation in texture – should be easily mashed with a fork.
- Served with a *thick* gravy or sauce.
- Little chewing needed.
- Meat can be puréed or minced.

Ideas: Fish (bones removed) mashed in a thick sauce, shepherd's pie, macaroni cheese, scrambled eggs.

Thick puree diet

Try this diet if you experience difficulty chewing and/or swallowing even on minced/mashed food; if you have food left in your mouth after swallowing; if meals take a long time, or you struggle to swallow or cough on 'bits' in food.

Description

- Smooth, thick, uniform consistency which may need to be sieved to remove particles.
- It drops rather than pours from the spoon.
- No chewing needed.



Ideas: Yoghurts, porridge, pureed fruit, thick soups such as potato, pumpkin or butternut squash, liquidised fish or meat with added sauce (e.g. parsley or butter) served with liquidised vegetables.

