
Tips for Chewing and Swallowing Problems

You may have trouble swallowing due to loss of control of your mouth and throat muscles. As a result, chewing and managing solid foods can be difficult. If you have difficulty chewing or swallowing, there are several things you can do to make eating and drinking easier and safer.

- 1) Choose soft moist foods such as:
 - Scrambled eggs
 - Macaroni and cheese
 - Soups and stews
 - Ice Cream, custard and puddings
 - Mashed potatoes with gravy
 - Cooked cereal without lumps
 - Yogurt or gelatin made with soft canned fruit
 - Cooked vegetables
 - Cottage cheese
- 2) Chop, puree or blenderize foods you have difficulty chewing or swallowing.
- 3) Add gravy, sauces, broth, butter, margarine, mayonnaise or sour cream to soften and moisten foods.
- 4) Cut food into small bites.
- 5) Soften hard foods such as toast by dunking it into milk, cocoa, coffee or tea.
- 6) Keep mealtime relaxed.
- 7) Sit as upright as possible when you eat.
- 8) Do not talk and swallow at the same time.
- 9) Take small bites, less than 1 teaspoon per bite of food. Chew well and swallow your food before taking another bite.
- 10) Take a sip of beverage after each bite of food.
- 11) Do not try to wash down solids with sips of liquids, unless your speech or swallowing therapist instructs you to do so.
- 12) Drink 8 cups of fluid each day, unless you are on a fluid restriction or you have difficulty swallowing water or other thin liquids. If you require thickened liquids, follow recommendations for the appropriate thickness.
- 13) Contact your healthcare provider, dietitian or speech pathologist if your swallowing worsens, you cough when eating or drinking solids and/or liquids or losing weight.

