

Food and Liquid Consistencies for People with Chewing and Swallowing Difficulties

Solid Foods

- Soft, moist foods that bind together
- Easy to chew foods
- Foods **without** small particles (e.g., seeds, grain breads), tough fibres (e.g., pineapple, asparagus) or skins (e.g., sausage, peas)

Examples of Recommended Foods

- Well-cooked chicken/turkey/boneless fish, preferably moist with a sauce
- Well-mashed tuna/egg/chicken salad with extra mayonnaise
- Tuna/pasta casseroles, macaroni & cheese
- Soft, well-cooked vegetables
- Mashed potatoes or rice with gravy or margarine/butter
- Custards, puddings, soft fruits, pureed fruits, yogurt, ice cream, other soft desserts

Examples of Foods to Avoid – Higher Risk for Choking

- Sausages, hot dogs, chunks of beef
- Hard raw fruits & vegetables and lettuce
- Fruits with membranes or strings, e.g., oranges, grapefruit, pineapple
- Juicy fruits (e.g., watermelon, peaches, plums)
- Breads with grains or seeds and soft, white bread
- Dry crackers and rice
- Nuts and popcorn, hard candies
- Round shaped foods, e.g., peas, blueberries, grapes
- Foods with more than 1 consistency (e.g., soups with pieces of vegetable, meat or noodles; cereal with milk)

Liquids

- Thin liquids such as water and tea may be safe IF taken in small sips and head is positioned properly. Avoid thin liquids if there is frequent and strong coughing even when using safe swallowing strategies.
- Nectar consistency liquids may be thick enough to prevent coughing/choking. Try commercially available nectars or use thickener (natural products or commercial thickeners) to thicken any thin liquids. These thickening agents can be purchased at most pharmacies.
- Liquids thickened to consistency of honey or pudding may become necessary, in order to prevent coughing/choking.

Medication

- Swallow medication with apple sauce, yogurt or pudding.