

Mealtime Diary

DATE	TIME	WHAT WAS EATEN?	WHAT DID YOU NOTICE?	NOTES
E.g. 10/06/24	12:30	Roast chicken, mashed potatoes and vegetables. Gravy on the side. Lemonade from the blue cup.	Aunt Shirley coughed on the chicken, better when gravy was added. Watery eyes after drinking.	She loved the mashed potatoes, ate them all! Didn't want dessert – says she had indigestion.

IF SWALLOWING CONCERNS ARE PERSISTENT, IT IS IMPORTANT TO CONTACT A GP FOR FURTHER SUPPORT FROM A SPEECH AND LANGUAGE THERAPIST.