

Swallowing difficulties

Making eating easier

WAYS TO MODIFY FOOD

BLEND OR MINCE

You can use a blender to make soups smooth or a food processor to mince foods like cooked chicken, vegetables or nuts.



ADD SAUCE OR DIPS

Adding sauce, gravy or other dips can help soften and moisten dry or crumbly foods, making it easier to chew and swallow.



ADD CUSTARD OR CREAM

Like sauces, adding custard or cream provides extra moisture and can help soften the food.



CUT INTO BITE SIZED PIECES

Cut up foods that are round, hard, chunky, doughy or stodgy. Remove skins, pips and stones from fruit.



SOME FOOD TO TRY

TINNED FRUIT

Tinned fruit is softer and easier to chew than fresh fruit which can sometimes be fibrous.



COOKED VEGETABLES

Cooking vegetables makes them softer and less fibrous. You may need to cook them a little longer than you are used to.



NATURALLY SOFTER MEALS

It is nice to find meals like shepherd's pie or fish pie that are naturally softer in texture that the whole family can enjoy.



SOFTER SNACKS

Snacks like Jaffa Cakes are a great alternative as they are the size of a biscuit but much softer to chew.



This is a guide. Ensure all professional recommendations provided by your Doctor or Speech and Language Therapist are followed.