



**Swallowing Advice:**

**Easy to chew**

**Why do I need easy to chew food?**

- You have some difficulty chewing food.
- This texture is recommended as these everyday foods require less chewing and reduce the risk of choking.

**What is easy to chew food?**

 <p><b>Easy to chew</b></p>	<ul style="list-style-type: none"> <li>✓ Food is soft, tender and moist.</li> <li>✓ Chewing is required before swallowing.</li> <li>✓ You should be able to bite off pieces of food.</li> <li>✓ You should be able to remove hard pieces of food from your mouth independently.</li> </ul>
 <p><b>Can be eaten with a fork</b></p>	<ul style="list-style-type: none"> <li>✓ Food can be eaten with a fork, spoon or your fingers.</li> </ul>
	<ul style="list-style-type: none"> <li>✓ There is no size restriction. Food can be a range of sizes.</li> </ul>
	<ul style="list-style-type: none"> <li>✓ Solids and liquids can be mixed together.</li> </ul>

**How do I prepare easy to chew food?**

- When a mouthful of food is pressed with the back of a spoon/fork it stays squashed when pressed. It does not return to the original shape when the cutlery is removed.

**Here are some examples of easy to chew food and how to prepare it :**



Most everyday foods can be changed to make them softer and easier to eat.  
Cook foods in liquid such as broth, water or juice until soft.  
Mix foods with butter, gravy, sauce, mayonnaise or cheese to add extra moisture and calories.  
Try ready made foods such as frozen dinners or canned foods.



**Meat and Poultry:**  
Cooked tender meat with bone and gristle removed.  
Examples: lasagne, spaghetti Bolognese, tender meat stews, curries, shepherd's pie, stovies, skinless sausages, pate.



**Fish:**  
Remove skin and bones.  
Examples: grilled, poached or fried fish, prawn cocktail, fish pie, tinned salmon or tuna.



**Vegetables, Potatoes, Vegetarian:**  
Examples: steamed or boiled vegetables, omelettes, jacket potatoes, macaroni cheese, cauliflower cheese, risotto, rice or pasta served with a sauce.



**Cereal:**  
Examples: weetabix, cornflakes or branflakes softened with milk, porridge.



**Fruit:**  
Remove pips and fibrous parts.  
Examples: banana, berries, stewed fruit, melon, pears, nectarines, peaches



**Bread:**  
Avoid dry or seeded breads or very chewy bread like bagels.  
Examples: muffins, crumpets, soft bread rolls, naan, soft pitta bread.

## DIFFICULT FOODS !

These foods can be especially hard to chew or swallow so need to be avoided or specially prepared so that they are soft to eat.

Please discuss them with your Speech and Language Therapist.

	<b>Dry foods</b> Dry Crackers.	✗
	<b>Crumbly Foods</b> Biscuits, pie crust without a sauce.	✗
	<b>Hard foods</b> Boiled sweets, Whole nuts and seeds.	✗
	<b>Tough or chewy foods</b> Steak, crispy bacon, dried fruit.	✗
	<b>Crispy or crunchy foods</b> Crisps, flaky pastry, crunchy fruit.	✗
	<b>Stringy or fibrous foods</b> Pineapple, celery, runner beans.	✗
	<b>Pips, seeds, pith/inside skin. No skins or outer shells</b> Peas, grapes, fruit skins or husks like sweetcorn. Seeded bread.	✗
	<b>Skin, bone or gristle</b>	✗
	<b>Round or long shaped foods</b> Sausages with the skin on, sprouts.	✗
	<b>Sticky foods</b> Marshmallows.	✗
	<b>Floppy foods</b> Lettuce, thinly sliced cucumber, spinach.	✗

**Individual advice:**