Swallowing Results

- You have problems swallowing **food**.
- You have problems swallowing **liquids**.

Swallowing **problems** can cause **pneumonia**.

The **goal** is to swallow **safely**.
What to Eat?

- Regular solids
- Advanced (soft)
- Mechanical-altered
- Pureed
What to Drink?

- Thin liquids
- Nectar-thick liquids
- Honey-thick liquids
Do Not

☐ Eat **chewy** foods.
(Examples: candies, tough meats)

☐ Eat **pea-sized** foods.
(Examples: rice, seeds, peas, corn)

☐ Eat **mixed foods**.
(Examples: watermelon, cereal/milk)

☐ Eat and drink **together**.

☐ Eat when **tired**.
Do

- Eat and drink **slowly**.
- **Chew** your food **well**.
- **Brush** your teeth **5-6 times** daily.
- **Sit upright** during meals.
- You may want to see ____________.
Taking Medicine

- Swallow your pills with water.
- Swallow 1 pill at a time.
- Crush your pills.
- Swallow your pills in applesauce.
Helpful Tips

- Tuck your chin down.
- Turn head to the left.
- Turn head to the right.
- Swallow hard.
- Take 1 bite, then 1 sip.