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**.