

Chopped Diet

You have problems with swallowing

Chopped Diet is the safest diet

Why do you need a chopped diet?

- Difficulty chewing
- Trouble moving food around mouth
- Food gets stuck in mouth or throat
- Choking risk if solid food is not small enough
- To make swallowing safer and easier

What are chopped foods?

- Moist and soft
- Easy to cut with fork
- Easy to chew
- Easy to form into a ball in mouth

Examples of what you can eat

- Chopped tender meats
- Casseroles
- Baked fish
- Macaroni and cheese
- Scrambled eggs
- Soft cooked chopped vegetables
- Cooked fruit
- Bananas
- Applesauce
- Pudding

Avoid these foods

- Rice
- Corn
- Raw vegetables or fruits
- Crackers
- Dry cereal
- Hard or crumbly bread
- Steak
- Hard or crumbly cheeses
- Peanuts

Safe Eating Recommendations

- **Sit up** to eat
- Take **small bites**
- Brush teeth 3 times a day