



Easy To Chew Diet

GENERAL GUIDELINES

1. Foods should always be prepared so that they are **moist, soft, and easily swallowed.**
2. Chew all food thoroughly.
3. Eat slowly and take small bites.
4. Sit upright while eating.
5. Remain in an upright position 30-60 minutes after eating.
6. If needed, eat 5-6 small meals per day
7. Drink fluids in between meals if you feel "full" with meals.
8. If you are having trouble maintaining your weight, you may need to drink nutritional supplements (see below) or homemade milkshakes as snacks or meal replacements

FOOD GROUP	"YES" FOODS	FOODS TO AVOID
Milk and Dairy Products	Milk – all kinds Yogurt, kefir, custard, ice cream Soft or melted cheese Cottage cheese, cream cheese	Ice cream or yogurt with chunks of fruit or nuts
Meat and Meat Substitutes	Soft eggs, quiche Egg Salad, Meat salads (without chunks of raw vegetables) Casseroles Tofu Moist Fish Strained baby meats (for easy preparation) All other meats must be bite-size or ground – adding a gravy or sauce will add moisture.	Dry poultry All tough red and white meats Peanut butter Nuts
Bread and Starchy Foods	Cooked cereal Mashed potatoes, sweet potatoes, yams Baked potato without skin Soft, moist rice Noodles, macaroni, spaghetti Dry cereals softened in milk Pancakes softened with syrup/butter Waffles softened with syrup/butter Crackers or breads added to soups	Hard bread with thick crust Dry cereals without milk Potato chips Popcorn Crackers
Vegetables	Well-cooked soft or pureed Should be "fork-tender" Strained baby vegetables Cooked beans, refried beans	Raw vegetables

FOOD GROUP	"YES" FOODS	FOODS TO AVOID
Fruits	All juices All canned fruits, applesauce Ripe fresh fruits (peeled), bananas Stewed dried fruits Strained baby fruits	Fresh fruits with skins or tough pulp- such as apples, plums, peaches, apricots, oranges Dried fruits
Fats	Butter, margarine, mayonnaise Salad dressings Gravy Cream: sour, whipping, coffee	Bacon Nuts Deep fried, crispy food
Desserts	Sherbet, ice cream, Italian ice, frozen yogurts Crème Brulee, mousse Gelatin, puddings, custard All cake type desserts	Desserts containing nuts or skins Cookies Pie crust Any dry desserts
Other	Soups—cream or with cooked vegetables Sauces – cheese, white, barbeque, creamed, tomato Syrup, honey, jam, jelly Ketchup, mustard, relish	

Examples of Commercial Nutritional Supplements*

*Examples only, UVAHS does not endorse any specific brand or product

- Boost[®], Ensure[®] or store brand equivalent
- Nutra/SHAKE[®] (1-800-654-3691)
- Carnation[®] Instant Breakfast[™] or equivalent brand (made with whole milk)
- To make a milkshake, try mixing these products with ice, ice cream, sherbet, or sorbet.
- For more high calorie ideas and recipes, see some of our other handouts at: www.GInutrition.virginia.edu and click on the Patient Education Handouts link.

MEAL IDEAS

Breakfast	Lunch	Dinner
Cereal softened with whole milk, canned fruit. Orange juice to drink.	Creamed or vegetable soup, applesauce with cinnamon and sugar. Ice tea to drink.	Ground chicken with gravy, mashed potatoes with butter/cheese, soft green beans. Milk to drink.
Scrambled eggs made with cheese and butter. Coffee to drink (creamer and sugar).	Egg salad/tuna salad on soft, crust-less, buttered bread, melon. Lemonade to drink.	Macaroni and cheese, "bite-sized" hot dog with ketchup/mustard, baked beans. Ice tea to drink.
Oatmeal made with whole milk, yogurt, and banana. Grape juice to drink.	Ground beef/pork with gravy, rice, and creamed corn or cooked/soft carrots. Milk to drink.	Spaghetti with ground meat sauce, soft cooked vegetables with cheese sauce. Water to drink.
Pancakes or French toast with butter, syrup, or fruit sauce. Orange juice to drink.	Pasta or potato salad, soup or stew, canned/soft fruit. Water to drink.	Omelet made with cheese, spinach, or other cooked vegetables. Lemonade to drink.