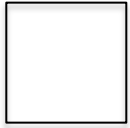
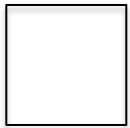


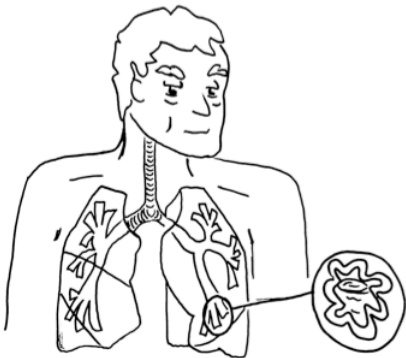
Swallowing Results



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



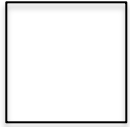
Nectar-thick liquids



Honey-thick liquids

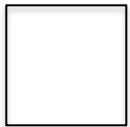
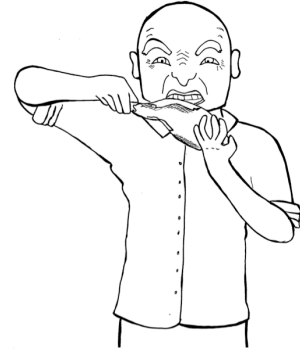


Do Not



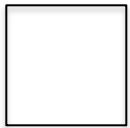
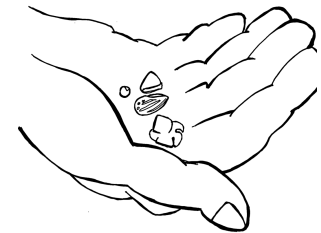
Eat **chewy** foods.

(Examples: candies, tough meats)



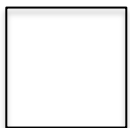
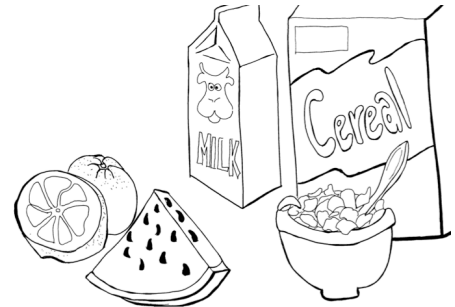
Eat **pea-sized** foods.

(Examples: rice, seeds, peas, corn)

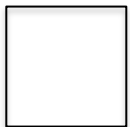


Eat **mixed** foods.

(Examples: watermelon, cereal/milk)



Eat and drink **together**.



Eat when **tired**.



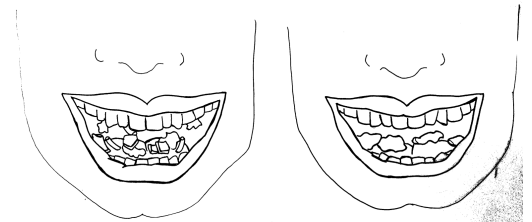
Do



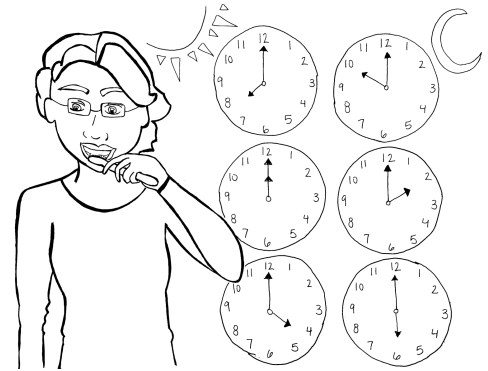
Eat and drink **slowly**.



Chew your food **well**.



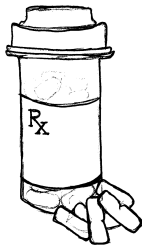
Brush your teeth
5-6 times daily.



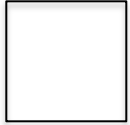
Sit upright during
meals.



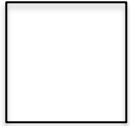
You may want to see _____.



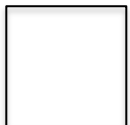
Taking Medicine



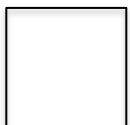
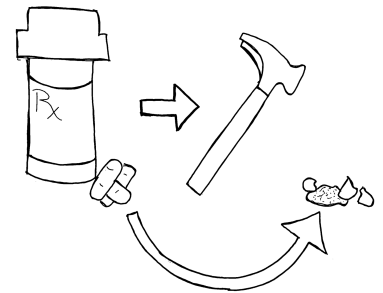
Swallow your **pills** with **water**.



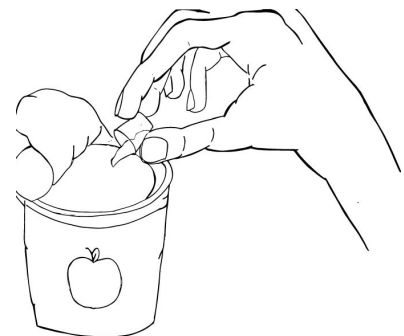
Swallow **1 pill** at a time.



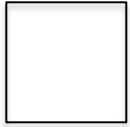
Crush your **pills**.



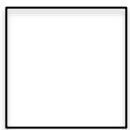
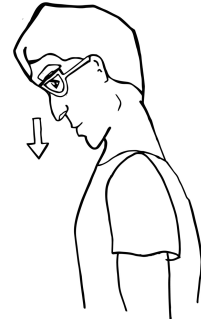
Swallow your **pills** in **applesauce**.



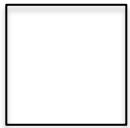
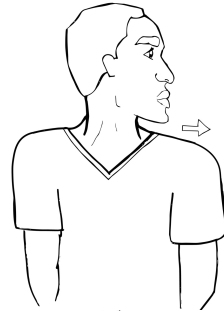
Helpful Tips



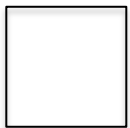
Tuck your chin **down**.



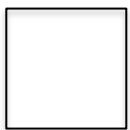
Turn head to the **left**.



Turn head to the **right**.



Swallow **hard**.



Take **1 bite**, then **1 sip**.

