



Difficulties with chewing and swallowing?

Here are some suggestions, which may help you to enjoy your food and continue to eat your favourite foods by making changes to soften them.

- Eat little and often.
- Eat soft foods such as porridge, cheese dishes, cream soups and soft puddings.
- Drink milk drinks, fruit juices and supplements such as Build-up, Entera or Fortisip. Tasty cocktails are available at the hospice and recipes can be obtained from the catering staff.
- Fish, meat and vegetables could be eaten with gravy or sauce.
- Good choices may be soft noodles or soft boiled rice with sauces such as bolognese.

This helps by:

- making breathing easier and allowing energy to be used more effectively
- relieving breathlessness
- encouraging your breathing pattern to be more normal
- improving ventilation of the lower part of the lungs

- Try home made soups.
- For puddings, try mild puddings, pureed fruit, yoghurt, custard and ice cream.
- Try liquidised food or food which is pushed through a sieve.
- Liquidised food is on offer at the hospice. Recipes to use at home can be obtained from the catering staff.

Please check with your district nurse, GP or palliative healthcare professional whether these suggestions are appropriate for you and the reason for your difficulty.

Tell us what you think

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