

Safe Swallowing Strategies

- Sit upright whenever eating or drinking.
- Eat and drink mindfully rather than watching TV or reading
- Use extra caution and choose easy-to-swallow foods when you're tired
- Reduce muscle fatigue by eating multiple small meals
- Take small bites (if you have to swallow multiple times, it was too much)
- Take one sip at a time.
- Eat slowly. Chew well
- Put your fork or spoon down while you chew
- Avoid talking while eating
- Avoid or take extra care with foods that are dry, crumbly, leafy, tough or hard
- Moisten foods like rice with sauce
- Maintain healthy oral care to reduce how much bacteria gets into your lungs

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