



STRATEGIES FOR SAFER SWALLOWING

Diet Recommendations

Fluids: Regular Nectar Thickened Honey Thickened

Foods: Pureed Minced
 Soft No Restriction

Strategies

Take fluids from: Teaspoon Cup Straw No Restriction

- should be fed
- should supervised while eating
- eat only when fully upright in bed or chair
- tuck chin down toward chest when swallowing
- ensure each mouthful is swallowed before giving the next (watch for upward movement of the Adam's apple)
- swallow twice for each mouthful
- take a _____ of fluid after _____ bite of food
- turn head to: left right
- hold breath while swallowing
- remain sitting upright for _____ after meals
- please include good oral care before and after meal

Additional Strategies

Patient's Name: _____

Speech-Language Pathologist: _____

Date: _____

