

TIPS TO LESSEN YOUR RISK OF CHOKING

Even if you have swallowing challenges, eating foods you enjoy can lead to improved nutrition, desired body weight, & overall improved quality of life.

IMPROPER POSITION

may increase risk of aspiration & make it harder to eat.



SIT AT THE TABLE PROPERLY

- Sit close to the table.
- Sit straight in the chair, forming a 90-degree angle.
- Your thighs should be fully supported.
- Bend your knees at a comfortable angle & have your feet fully supported.
- Keep your arms supported.
- Do not tilt your head backwards while eating or drinking.

EAT THESE FOODS WITH CAUTION

- Hot dogs
- Sausages
- Hamburger
- Raw vegetables
- Large pieces of fruit
- Cocktail meatballs
- Corn, peas, black beans
- Popcorn
- Chunks of meat
- Round, hard, or chewy candy
- Nuts and seeds
- Fruit with pits, seeds, or skins
- Dried fruit, raisins, pineapple, coconut
- Peanut butter
- Chips

IDEAS FOR EATING RISKY FOODS

- Cut items into small pieces.
- Cut a hot dog length-wise.
- Cook or mash carrots, corn, & other veggies.
- Spread peanut butter thinly or prepare mixed with jelly or pureed fruit.



MINIMIZE RISK:

- Eat slowly
- Don't talk while food is in your mouth
- Chew food well
- Pay attention and stay alert during meal time