EASY TO SWALLOW
EASY TO CHEW
IDEAS
Name: ________________________________
Date: ________________________________
Dietitian: ________________________________
Phone no.: ________________________________

This booklet contains general information which cannot be construed as specific advice to an individual patient. All statements in the booklet must be interpreted by your personal physician/therapist who has the knowledge of the stage and/or extent of your particular medical condition.
CONTENTS

10

General guidelines

Fast and easy meal and snack ideas

To increase the nutritional value of foods

Use of baby foods

Commercial nutritional supplements

Vitamin and mineral supplements

Recipes

Notes

Page

1

2

4

4

5

5

6

10

Notes

Receipes

Supplements de Vitamines et Mineurex

Supplements nutritionnels commerciaux

Emploi des aliments pour bebe

Comment augmenter la valeur nutritive des aliments

Collations rapides et idees

De bonnes idees pour des repas et des

Directives generales

TABLE DES MATIERES
EASY TO CHEW/EASY TO SWALLOW IDEAS

Following the guidelines in this booklet may help you to prevent weight loss and maintain your energy level.

GENERAL GUIDELINES

1. **Eat or drink often in small portions** – eat or drink at least 6 to 7 times per day.

2. **Choose soft, moist foods** – eat/drink only foods that are easy to swallow. Make eating as easy as possible! (See Meal and Snack section on page 2 for high calorie food ideas.)

3. **Avoid low calorie foods** – since you may be able to take only limited amounts of food in a day, do not “waist” your intake on low calorie, low protein foods such as coffee, tea, salads, clear soups or broths. (See high calorie food ideas on the next page.)

4. **Avoid foods that cause you pain** – they may include:
   - acidic foods (all juices except for peach nectar, pear nectar or prune juice; citrus fruits; any foods with tomatoes; foods marinated and made with vinegar); colas;
   - extremes of temperature (very hot or very cold);
   - alcohol;
   - spicy foods;
   - salty foods;
   - hard or crunchy foods (raw vegetables and fruits, nuts, etc.);
   - dry foods (meats, crackers, toast, etc.).

5. **Avoid difficult-to-eat foods** – avoid foods that require too much effort to chew or swallow, such as hard, raw fruits and vegetables.

DIRECTIVES GÉNÉRALES

Pour faciliter la prise alimentaire et prévenir une perte de poids et maintenir votre niveau d’énergie.

En suivant les directives dans cette brochure, vous pouvez...

Patience.

Légumes crus, fruits durs, les viandes comme, les pains croquants et roulés à la viande. Utiliser des aliments qui font mal.

Evitez ces aliments durs (viande, crêpe, rôties, etc.).

Evitez les aliments durs ou en collations (fraises, fruits et légumes crus, etc.).

Evitez les aliments gras.

Evitez les aliments sucrés.

Evitez les aliments épicés.

Evitez les aliments froids (les chauds ou froids).

Evitez les aliments chauds (les chauds ou froids).

1. Manager par petites quantités – mangez de manière soulevée pour votre dentition.

2. Choisissez des aliments mousses ou houlides – mangez par petites quantités.

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DE BONNES IDEES POUR DES REPAS FACILES ET RAPIDES

Mel de pâtes alimentaires avec sauce à la crème;

Pâte chinoise, poulet à la king et autres méts à texture semblable;

ou du poulet grillé, cougettes, carottes, etc.;

les légumes de type reculé, citrouille, mousse, pâtes avec du bœuf;

en bouchons;

un purée qui rit, culte, mou en conserve (mettez en purée);

boure de sorce brun ou de crème glacée;

compo de pommes (essayer le chaulière et recouvertes de

en une pièce;

soupe aux potirons, 4 la viande ou an iz, misse;

choucroute (liquide, en bouchons);

pain doré ou crêpe avec strap d'erable et beurre;

soupe crème;

yogourt;

la garniture de laisser un crocodile; vous ne pouvez la tolerer;

la garniture à laorraine au chou, choucroute, etc.;

de "jello" dissolve dans leau chaud;

yogourt ou de la crème à rouler et la poudre à rouler

"jello" crèmeux – au lieu de rouler de feu verte, ajouter de la

jello;

mousse aux fruits (voir section "Receipe")

crème glacée ou sorbet;

chocolat, etc.;

boulingrin (insistant en conserver, etc. – tapioca, vanille;

consomme;

les soups cuits mou (pouches, bouillies) avec beurre;

les céréales rôties remplies dans de la crème ou du lait entier;

rapide avec de la crème ou du lait entier;

les céréales chaudes instantanées ou du gérre "cuisson;

FRENCH EASY MEAL AND SNACK IDEAS

- instant or quick cooking hot cereal with cream or whole milk;
- cold cereal soaked in cream or whole milk;
- soft cooked eggs (poached, scrambled, etc.) with butter;
- custard;
- pudding (instant or canned) – tapioca, vanilla, chocolate, etc.;
- ice cream or sherbet;
- fruit whip (see recipe section);
- Jello™;
- jello cream – instead of cold water, add ice cream, yogurt, or
unwhipped cream to jello powder dissolved in hot water;
- pie fillings (lemon meringue, pumpkin, etc.: eat the fillings and
leave the crust if you cannot manage it);
- yogurt;
- cream soup;
- French toast or pancakes with maple syrup and butter;
- chowder (blenderized, if necessary);
- blended meat or chicken soup, noodle or rice soup;
- applesauce (try warm topped with butter and brown sugar or ice
cream);
- any soft cooked or canned fruit (blenderized, if necessary);
- soft cooked starchy vegetables mashed with butter or
margarine (potatoes, squash, carrots, etc.);
- shepherd's pie, chicken à la king and similar soft meals;
- pasta dishes with cream sauce;
- omelette, souffle, or quiche;
- soft stew (use ground beef, chopped poultry, or wiener's);
- seafood, fish, minced meat, or chopped poultry in a sauce;
canned or frozen convenience foods:
  – pork and beans,
  – chunky soup,
  – wiener;
• buttered noodles (use small noodles such as instant noodles);
• macaroni and cheese;
• soft frozen dinners or “boil-in-bag” entrees;
• milkshakes, malted milk;
• hot chocolate, Ovaltine™;
• Carnation Instant Breakfast™ – hot or cold;
• sponge cake or cookies, dipped in milk, tea or coffee;
• bread pudding;
• rice pudding (no raisins);
• egg salad.

USING A BLENDER

To mix high calories drinks, and to blenderize foods to a softer
consistency you can use a conventional blender or a new “hand
blender”. Just be sure you use enough liquid to allow the machine to
process the food. Your nutritionist can provide you with more details
about processing your food with a blender.
TO INCREASE THE NUTRITIONAL VALUE OF FOODS

- Swirl beaten eggs into soups while heating.
- Sprinkle grated cheese over soup before serving.
- Add powdered milk to cream soups, milkshakes and cooked cereal.
- Add butter or margarine to soups, hot cereals, or soft vegetables.
- Use cream sauces or gravy on soft vegetables, pasta or rice.
- Use cream instead of milk on cereals or in soups.
- Blenderize powdered skim milk or ice cream with juices.
- Add eggs or egg beaters in food preparation (i.e. meat loaf, casseroles, milkshakes or soup).

USE OF BABY FOODS

If you find food preparation difficult, prepared baby foods may offer a fast and easy way to cook.

Baby foods can be eaten alone or added to soups, stews, or other dishes. For example:

- Add baby chicken to strained cream of chicken soup.
- Add baby vegetables to various soups.
- Have baby beef with savoury beef gravy.
- Add baby beef and small, well-cooked noodles to beef broth.

Note that the meat and chicken selections are the only ones that provide significant calorie or protein. Vegetables, fruits and mixed dishes such as beef and vegetables will add flavour and vitamins, but because they are low in calories, they will not help you to maintain your weight.
NUTRITIONAL SUPPLEMENTS

Nutritional supplements (liquid meal or snack replacements) are sold in most drug stores.

They are more expensive than regular food, and are not necessary to remain well nourished.

Supplements may offer a convenient alternative if you find food preparation difficult.

If you would like further information about nutritional supplements, consult your nutritionist.

VITAMIN AND MINERAL SUPPLEMENTS

Large doses of individual vitamins and minerals are not recommended.

A multiple vitamin with iron or a multiple vitamin with minerals is recommended if your diet is less varied than usual, or if you are eating less than usual.

Any brand sold in drug stores or department stores is acceptable. If a tablet is too hard to swallow, try crushing it or taking a liquid multiple vitamin.
RECIPIES

FORTIFIED MILK

Ingredients
- Powdered skim milk: 250 ml (1 cup)
- Whole milk: 1 litre (4 cups)

Method
1. Combine powdered milk and whole milk.
2. Mix well.

Yield
- 1 litre (4 cups)
- 220 calories/250 ml
- 15 grams protein/250 ml

FORTIFIED CEREALS

Ingredients
- Uncooked rolled oats or cornflakes: 80 ml (1/3 cup)
- Cream of Wheat: 220 ml (1 cup)
- Fortified milk (see recipe above): For amount see package directions
- Cream (10% butter fat): 125 ml (1/2 cup)
- Butter or margarine: 15 ml (1 Tbsp)

Method
1. Cook cereal in fortified milk instead of water.
2. When cooked, stir in butter or margarine.
3. Top with cream (and brown sugar, if desired).

Yield
- 1 serving
- 475 calories/serving
- 18 grams protein/serving

CEREALES FORFILLES

Ingredients
- Tasse (1/4 litre)
- Grammes de protéine/250 ml (1/2 litre)
- Calories/250 ml (1/2 litre)

Method
1. Combiner le lait en poudre et le lait entier.

LAIT FORFILLE

Ingredients
- Tasse (1/4 litre)
- Grammes de protéine
- Calories

Method
1. Combien le lait en poudre et le lait entier.

DONE
MILKSHAKE

Ingredients

Fortified milk 250 ml (1 cup)
Ice cream (any flavor) 125 ml (½ cup)

Method

1. Combine all ingredients in blender.
2. Mix until smooth.
3. Add fruits, syrup or chocolate sauce for flavor.
4. To increase the calories and protein even more, eggs or egg beaters can be added.

Yield

1 serving
346 calories/portion
19 grams protein/portion

EGG & NOODLE SOUP

Ingredients

Chicken or beef bouillon 250 ml (1 cup)
Instant noodles ½ package (50 grams)
Eggs 2
Water 250 ml (1 cup)

Method

1. Crush noodles in package into very small pieces.
2. Cook noodles in soup until soft.
3. Beat eggs, stir into soup.
4. Simmer about one more minute, then serve.

Yield

1 serving
273 calories/portion
19 grams protein/portion
**Flan aux Pêches**

**Ingredients**
- Fortified milk: 375 ml (1 1/2 cup)
- Canned peaches (mashed with a fork or blendized): 500 ml (2 cups)
- Brown sugar: 30 ml (2 Tbsp)
- Cornstarch: 30 ml (2 Tbsp)
- Eggs: 2

**Method**
1. Mix the liquid milk and powdered milk and peaches in a bowl.
2. Combine the brown sugar and cornstarch in a cup.
3. Stir the sugar/cornstarch mixture into the eggs.
4. Combine the egg mixture and milk mixture in a saucepan.
5. Cook over low heat, stirring constantly for 10 minutes or until thickened.
6. Cool.

**Yield**
- 1 litre (4 cups)
- 220 calories (1 cup)
- 15 grams protein (1 cup)
STRAWBERRY WHIP

Ingredients
- Cottage cheese (creamed) 125 ml (½ cup)
- Ice cream (vanilla) 250 ml (1 cup)
- Gelatin – red (jellied) 250 ml (1 cup)
- Milk powder 80 ml (¼ cup)

Method
1. Combine all ingredients in blender.
2. Mix until smooth.
3. Divide into 4 servings.
4. Refrigerate for 12 hours to set.

Yield
- 4 servings
- 165 calories/serving
- 9 grams protein/serving

MOUTH RINSE

Ingredients
- Salt 5 ml (1 Tsp)
- Baking soda 1 ml (¼ Tsp)
- Water 1 l (4 cups)

Method
1. Combine all ingredients and mix well.
2. Use every few hours or more if needed.