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# **GUIDE**

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***EASY TO  
SWALLOW  
EASY TO CHEW  
IDEAS***



The Ottawa Hospital | L'Hôpital  
d'Ottawa



**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.*

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# 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.

# **FAST AND 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);
- blenderized 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 wieners);
- seafood, fish, minced meat, or chopped poultry in a sauce;

- canned or frozen convenience foods:
  - pork and beans,     }
  - chunky soup,        } Blenderized if necessary
  - wieners;
- 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.



# RECIPES

## **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     | (1 cup)  |
| 15 grams protein/250 ml | (1 cup)  |

## **FORTIFIED CEREALS**

### *Ingredients*

|   |                                      |                      |
|---|--------------------------------------|----------------------|
| Uncooked rolled oats or<br>Cream of Wheat | 80 ml                                | ( $\frac{1}{3}$ cup) |
| Fortified milk (see recipe above)         | For amount see<br>package directions |                      |
| Cream (10% butter fat)                    | 125 ml                               | ( $\frac{1}{2}$ 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 |

## **MILKSHAKE**

### *Ingredients*

|                        |        |                      |
|------------------------|--------|----------------------|
| Fortified milk         | 250 ml | (1 cup)              |
| Ice cream (any flavor) | 125 ml | ( $\frac{1}{2}$ 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/serving

## **EGG & NOODLE SOUP**

### *Ingredients*

|                          |                       |            |
|--------------------------|-----------------------|------------|
| Chicken or beef bouillon | 250 ml                | (1 cup)    |
| Instant noodles          | $\frac{1}{2}$ 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/serving
- 19 grams protein/serving

## **PEACH SOFTY**

### *Ingredients*

|   |        |          |
|---|--------|----------|
| Fortified milk                                      | 375 ml | (1½ cup) |
| Canned peaches (mashed<br>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/250 ml      | (1 cup)  |
| 15  | grams protein/250 ml | (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  | (⅓ 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.



**Clinical Nutrition  
Nutrition Services  
Ottawa General Hospital**