

# Suggestions for Safe Swallowing

## POSITIONING

- ◆ Sit upright when eating or drinking.
- ◆ Remain sitting upright for at least a half an hour after eating or drinking.

## TEXTURES/CONSISTENCIES

- ◆ Make sure all food is moistened with gravy/sauces before eating, if necessary.
- ◆ Avoid eating foods that you find difficult to swallow.

## FEEDING TECHNIQUES

- ◆ Take small sips of liquid at a time when drinking.
- ◆ Take small bites of food at a time when eating.
- ◆ Chew your food well before you swallow it.
- ◆ Make sure you have swallowed what is in your mouth before you eat or drink more.
- ◆ Alternate between bites of food and sips of liquid.
- ◆ If food gets stuck in your throat, swallow several times and/or take sips of liquid to help clear it.
- ◆ Do **NOT** talk when you have food or liquid in your mouth.