



Easy To Chew Diet

GENERAL GUIDELINES

1. Chew all food thoroughly.
2. Eat 5-6 small meals per day if needed.
3. Eat slowly and take small bites.
4. Sit upright while eating.
5. Drink fluids in between meals if you feel “full” with meals.
6. Remain in an upright position 30-60 minutes after eating.
7. Foods should always be prepared so that they are **moist, soft, and easily swallowed**.
9. If you are having trouble maintaining your weight, you may need to drink nutritional supplements (see below) or homemade milkshakes as snacks/meal replacements. If you need ideas, ask to meet with the “GI” nutritionist.

FOOD GROUP	YES FOODS	AVOID
Milk and Dairy Products	Milk – all kinds Yogurt, custard, ice cream Soft or melted cheese Cottage cheese, cream cheese	Ice cream or yogurt with chunks of fruit or nuts
Meat and Meat Substitutes	Soft eggs Tofu Casseroles Moist Fish Strained baby meats (for easy preparation) All other meats must be bite-size or ground – suggest adding a gravy or sauce.	Dry poultry Peanut butter All tough red and white meats
Fruits	All juices All canned fruits Fresh fruits peeled – bananas Stewed dried fruits. Strained baby fruits	Fresh fruits with skins - plums, peaches, oranges, apricots Dried fruits
Vegetables	Well-cooked soft or pureed Should be “fork-tender” Strained baby vegetables	Raw vegetables
FOOD GROUP	YES FOODS	AVOID
Bread and Starchy Foods	Cooked cereal Mashed potatoes, sweet potatoes, yams Baked potato without skin Soft, moist rice Noodles, macaroni, spaghetti Dry cereals softened in milk Pancakes softened with syrup/butter Waffles softened with syrup/butter Crackers or breads added to soups	Hard bread with thick crust Dry cereals without milk Potato chips Popcorn Crackers

Fats	Butter, margarine, mayonnaise Salad dressings Gravy Cream: sour, whipping, coffee	Bacon Nuts Deep fried, crispy food
Desserts	Sherbet, ice cream, Italian ice, frozen yogurts, Gelatin, puddings, mousse, custard All cake type desserts	Cookies Pie crust Any dry desserts Desserts containing nuts or skins
Other	Sauces – cheese, white, barbeque, creamed, tomato Syrup, honey, jam, jelly Ketchup, mustard, relish	

COMMERCIAL NUTRITIONAL SUPPLEMENTS

- Boost, Ensure, Kroger Fortify (Kroger brand), Equate (Walmart brand).
- Nutra-Shakes (1-800-654-3691).
- Carnation Instant Breakfast or equivalent brand (made with whole milk).
- To make a milkshake, try mixing these products with ice, ice cream, sherbet, or sorbet.
- Please see UVA Digestive Health website for high calorie and protein liquids.
www.healthsystem.virginia.edu/internet/digestive-health/nutrition.cfm#education

MEAL IDEAS

Breakfast	Lunch	Dinner
Cereal softened with whole milk, canned fruit. Orange juice to drink.	Creamed or vegetable soup, applesauce with cinnamon and sugar. Ice tea to drink.	Ground chicken with gravy, mashed potatoes with butter/cheese, soft green beans. Milk to drink.
Scrambled eggs made with cheese and butter. Coffee to drink (creamer and sugar).	Egg salad/tuna salad on soft, crust-less, buttered bread, melon. Lemonade to drink.	Macaroni and cheese, “bite-sized” hot dog with ketchup/mustard, baked beans. Ice tea to drink.
Oatmeal made with whole milk, yogurt, and banana. Grape juice to drink.	Ground beef/pork with gravy, rice, and creamed corn or cooked/soft carrots. Milk to drink.	Spaghetti with ground meat sauce, soft cooked vegetables with cheese sauce. Water to drink.
Pancakes or French toast with butter, syrup, or fruit sauce. Orange juice to drink.	Pasta or potato salad, soup or stew, canned/soft fruit. Water to drink.	Quiche or omelet made with cheese, spinach, or other cooked vegetables. Lemonade to drink.