

Difficult foods

These foods can be especially hard to chew or swallow so may need to be **avoided or specially prepared** so that they are soft to eat.

Please discuss them with your Speech and Language Therapist.

Dry foods	Crackers, cake, bread (see below)
Crumbly foods	Biscuits, pie crust, crumble, cheese, granola
Hard foods	Boiled sweets, nuts, some meats, toffees, chocolate, biscuits, seeds, raw vegetables, hand cooked crisps
Tough or chewy foods	Steak, bacon, harder vegetables, dried fruit, chewy sweets
Crispy or crunchy foods	Crisps, pastry, toast, raw apple, bread crusts, biscuits, crackers, coconut, granola
Stringy or fibrous foods	Pineapple, celery, broad beans, rhubarb, onions, some meats, mushrooms, green beans, lettuce, watercress, spinach
Skins	Peas, grapes, fruit skins or husks like sweetcorn, grapes, segments of orange, sausages, tomatoes Avoid skin bone or gristle.
Pips and seeds	Remove pips and seeds
Juicy food where the juice separates off in the mouth	Watermelon, orange segments, grapes
Mixed consistency foods	e.g. solids and liquids: hard cereal which do not blend with milk (e.g. muesli), fruit salad with juice and soups with food pieces, granola e.g. different textured solids: fruit cake, mixed vegetables, yoghurts with fruit pieces, seeded bread
Bread	Consider these options when preparing bread. Speak to your SLT for advice about bread. <ul style="list-style-type: none"> • Sandwich thins • Remove crusts • Toast with plenty of butter • Soaking bread in soup • Avoid seeded bread • Add mashed or moist fillings • Soft bread • Avoid thick cut bread • Chapatti: consider warming and breaking into pieces

