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| East Sussex Speech and Language  Therapy Service for Adults | 2011_east_sussex_healthcare_mono_logo(small) V2 |

Clients Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_

## HIGH RISK FOODS TO AVOID

These foods may pose a risk of choking. Please see table below for examples:

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| Types | **Examples** |
| Dry crumbly Stringy or with skins  Hard or chewy  Mixed consistency | Biscuits & crackers  Cake  Dry crumble topping  Crisps  Toast & crisp breads  Nuts  Dry rice dishes  Green beans, broad beans, soya beans  Celery  Salad leaves  Oranges & clementine  Grapes & blueberries  Apples & pears  Sweetcorn & peas  Baked beans  Sausages  Pineapple  Nuts and seeds  Grains in granary bread  Well cooked meat, especially pork  Bacon, especially with rinds  Muesli  Crusty bread  Hard flaky pastry  Undercooked vegetables  Apples  Minced meat with thin gravy  Thin soups with bits or croutons  Cereals with milk i.e. muesli  Chocolate with nuts  Tablets with water |

If you have any queries about different textured diets then please contact:

Speech & Language Therapy

SLT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_