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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 crumblyStringy or with skinsHard or chewyMixed consistency | Biscuits & crackersCakeDry crumble toppingCrispsToast & crisp breadsNutsDry rice dishesGreen beans, broad beans, soya beansCelerySalad leavesOranges & clementineGrapes & blueberriesApples & pearsSweetcorn & peasBaked beansSausagesPineappleNuts and seedsGrains in granary breadWell cooked meat, especially porkBacon, especially with rindsMuesliCrusty bread Hard flaky pastryUndercooked vegetablesApplesMinced meat with thin gravyThin soups with bits or croutonsCereals with milk i.e. muesliChocolate with nuts Tablets with water |

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

Speech & Language Therapy

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