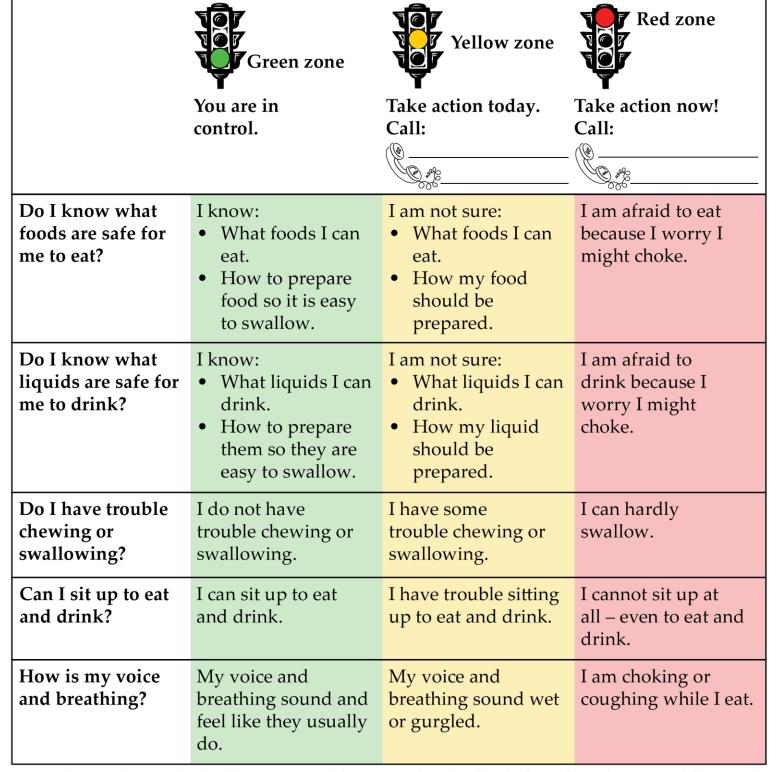
Swallowing safety to prevent aspiration

"Aspiration" means breathing food and liquid into the lungs. This can cause choking or an infection.



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My plan to keep from breathing food or liquid into my lungs (aspiration)

How to prepare my food	
	No special changes needed – I can eat all foods.
	Chop some – chop tough or hard to chew foods. Soft foods like lunch meat can be eaten whole.
	Chop all – grind up or eat soft food so there is no need to chew.
	Puree – blend all foods until they are smooth so there is no need to chew.
How to prepare my liquids	
	No special changes needed – I can drink all liquids (thick or thin).
	Nectar-thick – drink liquids that are thickened just a little. Nectar-thick liquids are thin enough to go through a straw, like a milkshake.
	Honey-thick – drink liquids that are as thick as room temperature honey. Honey-thick liquids would run off a spoon but are too thick to drink using a straw, like honey or thick yogurt.
	Pudding-thick – drink liquids that are thick enough to stay on a spoon without running off. Pudding-thick liquids are like thick apple sauce or milk pudding.
When eating and drinking	
	Sit up – propped with pillows or in a chair. Take my time.
	Eat small bites and take small sips.
	Put my chin to my chest when swallowing.

Notes: