

## Easy To Chew and Swallow Diet (IDDSI 7EC)

### Why Do I Need This Diet?

You may need to follow this diet because of weak chewing muscles, fatigue with eating, missing teeth, or a surgical procedure.

### General Guidelines

- Choose foods you enjoy that are naturally soft.
- Cook foods so that they are moist, soft, and easily swallowed.
- Use sauces, gravies, and other condiments to make your food soft and moist.
- Take small bites. Ask your family or caregiver to help cut your food into small pieces, if needed.
- Eat slowly and chew your food well.
- For chewing fatigue or fullness with meals, consider 5-6 small meals per day (instead of 3 big meals).
- Sit upright while you eat and stay upright for 30-60 minutes after eating.
- If food ever feels stuck in your throat, take a couple sips of your beverage. This will help the food move along. You may want to repeat this throughout the day, especially before and after each meal.

### Commercial Nutritional Supplements

- If you are having trouble keeping your weight up, you may need to drink shakes as snacks or in place of meals. You can buy these or make them at home.
- You can find recipes to make your own shakes in handouts on the [Glnutrition.virginia.edu](https://www.glnutrition.virginia.edu) website (under Increasing Calories and Protein).
- Boost®, Ensure®, or store brand equivalents (Kroger, Food Lion, Walmart, Target, and Costco all have their own) are all good options. Look for the word “Plus” or “Very High Calorie” on the label if you need more calories.
- Carnation® Breakfast Essentials powder (or the equivalent store brand) made with whole milk is a good choice too, and might be cheaper.
- Other high calorie supplements may also be available at your grocery store, pharmacy, or through online retailers.

<b>Food Group</b>	<b>Good Choices</b>	<b>Foods to Avoid</b>
<b><i>Bread and Starches</i></b>	<ul style="list-style-type: none"> <li>• Cooked cereals (oatmeal, cream of wheat)</li> <li>• Mashed potatoes, sweet potatoes, yams</li> <li>• Baked potato without skin</li> <li>• Soft, moist rice</li> <li>• Noodles, macaroni, spaghetti</li> <li>• Dry cereals softened in milk</li> <li>• Pancakes and waffles softened with syrup/butter</li> <li>• Crackers or breads added to soups</li> </ul>	<ul style="list-style-type: none"> <li>• Hard bread with thick crust</li> <li>• Dry cereals without milk</li> <li>• Potato chips, pretzels</li> <li>• Popcorn</li> <li>• Crackers</li> </ul>
<b><i>Vegetables</i></b>	<ul style="list-style-type: none"> <li>• Any that are cooked soft or pureed. They should be “fork-tender.”</li> <li>• Strained baby food vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables or any that are not cooked as described here.</li> </ul>
<b><i>Fruits</i></b>	<ul style="list-style-type: none"> <li>• All juices</li> <li>• All canned fruits</li> <li>• Peeled bananas, peaches, plums</li> <li>• Cooked fruit like apples, pears, etc.</li> <li>• Stewed dried fruits</li> <li>• Strained baby fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruits with skins</li> <li>• Dried fruits</li> </ul>
<b><i>Meat and Proteins</i></b>	<ul style="list-style-type: none"> <li>• Soft cooked eggs</li> <li>• Tofu</li> <li>• Casseroles</li> <li>• Moist fish</li> <li>• Stewed meat or poultry that is fork tender</li> <li>• Strained baby food meats</li> <li>• All other meats must be bite-size or ground.</li> <li>• Add gravy to any meat for moisture</li> </ul>	<ul style="list-style-type: none"> <li>• Dry poultry, like fried or baked chicken</li> <li>• Crunchy fish or shellfish</li> <li>• Peanut butter</li> <li>• All tough red and white meats</li> </ul>
<b><i>Dairy Products</i></b>	<ul style="list-style-type: none"> <li>• Milk – all kinds</li> <li>• Yogurt, custard, ice cream</li> <li>• Soft or melted cheeses</li> <li>• Cottage cheese, cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Ice cream or yogurt with chunks of fruit or nuts</li> </ul>
<b><i>Fats</i></b>	<ul style="list-style-type: none"> <li>• Butter, margarine, sour cream</li> <li>• Salad dressings, mayonnaise</li> <li>• Avocado</li> <li>• Gravy</li> <li>• Whipping cream, half and half</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Nuts</li> <li>• Deep fried, crispy food</li> </ul>
<b><i>Desserts</i></b>	<ul style="list-style-type: none"> <li>• Sherbet, ice cream, Italian ice, frozen yogurt</li> <li>• Gelatin, pudding, mousse, custard</li> <li>• All cake type desserts</li> </ul>	<ul style="list-style-type: none"> <li>• Cookies</li> <li>• Pie crust</li> <li>• Any dry desserts</li> <li>• Desserts containing nuts or skins</li> </ul>

Sample Meals		
Breakfast	Lunch	Dinner
Cereal softened with whole milk, canned fruit. Orange juice to drink.	Creamed or vegetable soup, applesauce with cinnamon and sugar. Iced 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 with cream and sugar.	Egg salad/tuna salad on soft, crustless, buttered bread, melon. Lemonade to drink.	Macaroni and cheese, "bite-sized" hot dog with ketchup/mustard, baked beans. Iced 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 or soft fruit. Water to drink.	Omelet made with cheese, spinach, or other cooked vegetables in small pieces. Lemonade to drink.

For more information on high calorie and protein liquids and many shake recipes, see the UVA Digestive Health website under the patient education link: [www.GInutrition.virginia.edu](http://www.GInutrition.virginia.edu)