

TIPS FOR INCREASING CALORIES AND PROTEIN FOR INDIVIDUALS WITH SWALLOWING DIFFICULTIES

- Add butter, margarine, or oils to soups, casseroles, vegetables, hot cereals, potatoes, rice, pasta and bread.
- Eat between meal snacks.
- Add gravies or sauces to chopped ground meats or vegetables.
- Thicken soups with mashed potato flakes or flake baby cereal.
- Add commercial thickening powder to juices, soups, coffee, hot chocolate, milkshakes, and nutritional supplements to bring them to the consistency of fruit nectar.
- Mix soups in blender with potatoes and vegetables. Blend until smooth.
- Combine pureed fruit and fruit juice to the consistency of fruit nectar.
- Pudding and custards, eggnog, milkshakes, and ice cream.
- Very moist meat loaf, Swedish meatballs, cream sauces or cheese sauces.
- Pimento cheese, deviled eggs, cottage cheese, yogurt.
- Mix dry milk powder into milk, soup casseroles, cereal and milk dishes such as custard and pudding.
- Add an instant breakfast mix to milk and milkshakes.
- Chicken, tuna, and egg salad with extra mayonnaise.
- Mix fruit juice with sherbet.

Avoid dry, hard, sticky, fibrous foods and those with skins and seeds.

- Raw fruits and vegetables or dried fruit.
- Nuts
- Peanut Butter
- Corn
- Strawberries, Blueberries
- Crackers
- Fried Foods
- Granola type cereals

Promed (protein powder) by Ross. Phone 1-800-544-7495
“Thickit” – Eckerd Drug Store and Wal Mart