

easy to swallow foods & drinks

Cancer

Nutrition is a key component to overall health, but swallowing challenges can make it difficult to nourish your body. Below are suggestions for easy to swallow foods and drinks to help you stay nourished. Always consult with your health care provider about any new changes you notice in swallowing, or pain in the throat and mouth. Some people may need to work with a speech pathologist and registered dietitian for specific swallowing and dietary requirements.

Proteins (Meats, Nuts, Seeds)
Scrambled Eggs
Creamy Peanut Butter
Pureed, Cooked Foods
Creamy Seed Butter (Sun Butter®)

Dairy
Cottage Cheese
Ice Cream
Milkshakes
Yogurt: smooth, without fruit chunks

Desserts & Snacks	
Flan	Sherbet
Fruit: pureed or baby food	Smoothies
Gelatin	Soft Fruits: bananas, applesauce
Puddings	Sorbet

Meals and Meal Replacement
Baby Food
Casseroles
Chicken Salad
Clear Nutritional Supplements: Resource Breeze®, Ensure Clear®
Egg Salad
Ensure®
Instant Breakfast Drinks: Carnation Instant Breakfast®
Macaroni and Cheese
Soups
Stews
Tuna Salad

Grains & Starches
Cooked Cereals: Cream of Wheat®, instant oatmeal, grits
Mashed Potatoes