

# Swallow Resource Pack

## Avoiding High Risk foods

A Speech and Language Therapist may recommend that you take a normal diet but avoid or take more care with certain high risk foods. High risk foods are known to be more difficult to swallow and are more likely to cause choking. They should not be given to anyone on a modified diet. If you have difficulties with your gullet (oesophagus), high risk foods may not pass through to the stomach quickly or smoothly. High risk foods may even become stuck in the oesophagus.

### Examples of high risk foods



**Stringy, fibrous textures**  
e.g. runner beans, celery, pineapple, lettuce, mangetout peas, bacon, gammon.



**Skins & Husks**  
e.g. broad beans, baked beans, peas, grapes, chick peas, sweetcorn, granary bread, seeds, satsumas, sausages with skin.



**Mixed consistency foods**  
e.g. cereals which do not blend with milk (eg muesli, cornflakes), mince/meat with thin gravy, soup with lumps.



**Crunchy foods**  
e.g. toast, flaky pastry, dry biscuits, crisps.



**Crumbly food**  
e.g. bread crusts, pie crusts, crumble, dry biscuits.



**Hard foods**  
e.g. boiled and chewy sweets and toffees, nuts and seeds.



**Chewy foods**  
e.g. steak, pork chops, Naan bread, marshmallows.