



Nutrition and Health Checklist – Tip #5

“I have tooth or mouth problems that make it hard for me to eat.”

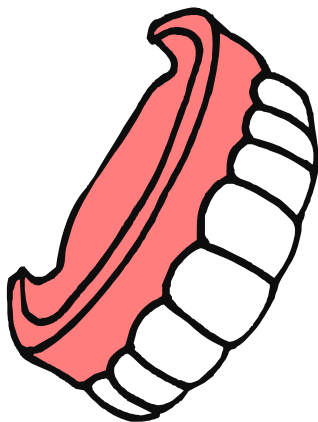
It is hard to eat if your teeth hurt or if they are loose. If you wear dentures, it is hard to eat if they don't fit well. A dry mouth or mouth sores make it hard to chew or swallow.

Here are some tips that might help.

Talk to your doctor about any problems you have with chewing or swallowing. Ask your doctor if you should see a dentist.

If you have trouble **swallowing**:

- Add gravies, sauces, or broth to dry foods to make them moist.
- Chew foods very well before swallowing.



If you have trouble **chewing**:

- Eat soft foods like casseroles, yogurt, soft cheeses, mashed potatoes, applesauce, and puddings.
- Chop or grind up meats or other tough foods to make it easier to chew.
- Eat cooked or soft vegetables and fruits.
- If you have a blender, blend foods to make them easier to chew and swallow. Add a small amount of water or broth to blended meats or vegetables to make them smoother.
- Make a fruit “smoothie” with frozen fruit and milk or yogurt. Add peanut butter or dry milk powder for protein.
- Try hot cereals and hearty soups.
- Try using eggs as a main dish.