

Speech and Language Therapy

High Risk Foods

A Speech and Language Therapist has advised that you are safe to manage easy to chew to regular diet. However, there are some foods considered as 'high risk' that you may find more difficult. These food types can be especially difficult to chew, or clear from the mouth or throat. These foods therefore carry a higher risk of going down the wrong way (into your airway instead of your food pipe) which could result in coughing, choking or a chest infection. Examples of high risk foods include:

Stringy, fibrous textures

For example: runner beans, lettuce, pineapple, celery.



Vegetable and fruit skins

For example: grapes, baked beans, broad or soya beans, peas.



Mixed consistency foods

For example: cereals that do not blend with milk

(Muesli, cornflakes etc.), soups with lumps or meat with thin gravy.



Crunchy, dry consistencies

For example: biscuits, flaky pastry, toast, crisps.



Patient Information



Crumbly foods

For example: biscuits, pie crusts.

Hard foods

For example: boiled sweets, toffees, nuts and seeds.



Husks

For example: sweetcorn, granary bread.



Further Information

If you require any further information regarding this, please contact the Speech and Language Therapy team on 024 7696 5709.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5709 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Speech and Language Therapy
Contact:	25709
Updated:	May 2022
Review:	May 2024
Version:	2.1
Reference:	HIC/LFT/2185/17