NHS
University Hospitals
Coventry and Warwickshire
NHS Trust

Speech and Language Therapy

High risk foods

A Speech and Language therapist has advised that you are safe to manage an easy-to-chew to regular diet. However, there are some foods considered as ‘high risk’ that you may find more difficult. These foods 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 lead to coughing, choking or even a chest infection. Examples of high-risk foods include:

Stringy, fibrous textures

Examples: runner beans, lettuce, pineapple, celery.

Vegetable and fruit skins

Example: grapes, baked beans, broad beans, soya beans, peas.

Mixed consistency foods

Example: cereals that don’t fully blend with milk (Muesli, cornflakes etc), soups with lumps or meat with thin gravy.

Crunchy, dry consistencies

Examples: biscuits, flaky pastry, toast, crisps.

Crumbly foods

Example: biscuits, pie crusts.

Hard foods

Examples: boiled sweets, toffees, nuts and seeds.

Husks

Examples: 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.

Did we get it right?
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