



A COMPLETE GUIDE  
TO PROVIDING  
MAXIMUM NUTRITION  
AND TASTE WITH  
MINIMUM DISCOMFORT

# SOFT FOODS FOR EASIER EATING

## COOKBOOK

EASY-TO-FOLLOW RECIPES FOR  
PEOPLE WHO HAVE CHEWING  
AND SWALLOWING PROBLEMS



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## Soft Foods for Easier Eating Cookbook: Easy-to-Follow Recipes for People Who Have Chewing and Swallowing Problems



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Each year, medical treatments leave millions of patients with chewing and swallowing difficulties. Many hospitals deal with this by puréeing their food. Info on nutrition and texture accompany each recipe, making it easy to find dishes that satisfy both your dietary requirements as well as your love of great food. Part One highlights simple strategies for living with chewing and swallowing troubles, and offers guidelines for modifying recipes for soft and clean texture, and to increase or decrease calories, fat, and carbohydrates. Now, nutritionists Sandra Woodruff and Leah Gilbert-Henderson have created the Soft Foods for Easier Consuming Cookbook, an easy-to-follow guide that offers maximum nutrition and taste with minimum discomfort. Part Two presents over 150 dishes for smashing smoothies, sumptuous soups, hearty entrées, and more. The unfortunate result is usually that meals become unappetizing, and patients neglect to obtain the diet they need.



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Excellent book I have swallowing problems. She also has hardly any saliva and her tongue will not move. This publication provides an awesome explanation of what is physically happening, ways to modification your consuming/swallowing to correct some of the complications, and how to manage swallowing difficulties. The hospitals provide you with a diet plan "prescription," and you CAN buy expensive pre-made meals; I learned so much from this book. My doctor would send out me to speech therapy. Very informative book An elderly person in our family was identified as having dysphagia (difficulty swallowing). She told me there wasn't other things she could increase what I was already doing. Would highly recommend this book to anyone facing swallowing problems. Highly Recommend FOR A NUMBER OF Reasons I'm impressed by how well this publication has been developed. It is NOT just a book of recipes but also a tremendous resource for family members and individuals trying to find diversity in foods to be able to stimulate appetite. For instance, there was a complete description of the mechanics of swallowing, lists of foods that are recommended, lists of cooking home appliances that are useful in food preparation, sample diets, many helpful hints about swallowing medications and tips about making food flavorful and healthy. I bought this for my own use after a health issue has made taking in a monotonous chore due to several medical restrictions. The dishes are appealing and the hints and tips valuable. It addresses: \*who might have eating difficulties and just why, \*what types of foods may be palatable and safe for different chewing requirements, and that means you needn't modify more than required, \*how to prepare and offer foods so they are appealing, \*what cooking tools you may want or already have, to accomplish your cooking duties. This book hands you with the nutritional information, and the tricks to change your own quality recipes making them ideal for 2 various kinds of mechanically altered diets. This is simply not your usual pretty recipe book This book saved my sanity. I purchased this with family in mind, but We am also an SLP. Kudos to authors!! not really a cookbook! soft diets This book is the best I've found, for individuals who are confused in what to feed themselves, or a loved one who needs a soft diet. highly useful reference book Well-organized, highly useful reference book for my swallowing troubles. I've collected cookbooks for a long time and am an able cook but this medical challenge was blocking my imagination. this book has released that skill! A wonderful book for learning techniques and recipes for pureed food. Easy to create Recipes My 85yo mother had throat surgery and radiation which remaining her with no teeth (can't get dentures because her mouth won't open wide enough) and a very small throat opening. This was not only a concern but was causing me to panic. It is very easy for her to aspirate food and beverages. I purchased this publication for her and she has actually tried a few of the recipes and has enjoyed all that she's tried. But the simple suggestions I find on nearly every web page have turned both my husband's and my lives around and we now find that we can manage this awkward stage of our lives therefore much better. I am happy I found this book on her behalf. Thank you!!. The majority of its dishes are inviting. The task of keeping him well fed, thinking about food, and nutritionally sufficient was beyond me. Then along came Sandra's advice, understanding of the problems, and some helpful recipe ideas. Really helped build my self-confidence in this new method of cooking and gave me great suggestions for adapting factors we enjoy consuming. The advice on kitchen adaptation, grocery list suggestions, and modification of normal dishes can be invaluable. I would suggest this reserve to anyone who needs assist in this area. Plenty of recipes, along with suggestions to convert your personal, are included. The reserve isn't just recipes, in addition, it has very helpful information on the many conditions that result in the inability to eat hard foods. Nevertheless, after reading and incorporating the suggestions

provided, after my speech evaluation the therapist discharged me as not needing those providers. Medical advice was that we needed to prepare only soft foods for the dietary plan. I ordered this publication for recipe tips and discovered that there was substantially more info in it. The reserve addresses many types of complications which pose eating/diet issues. This is not your usual pretty recipe book. A guidebook for all those with chewing difficulties This is more than a cookbook. That is an organized, instructive book that is easy to read and offers a practical selection of information and recipes for people who cannot chew or swallow easily . There are no pretty pictures, and what a relief it was to know that my culinary attempts didn't have to match up to the professionally photographed meals. I like just how it breaks the recommended foods/quality recipes into different levels of swallowing issues predicated on my needs. nonetheless it is too costly for a lot of people to eat that way!...for all those with swallowing, lack of appetite, or mouth pain problems. These recipes will also be ideal for all of your family. Very good book This book is an extremely valuable resource for anyone who needs to learn how to prepare food for someone (or yourself) who cannot chew or swallow well. It provides a clinical description of various conditions and then the reserve assists you with helpful solutions and recipes, and also additonal source materials. With it, you must locate providers of various kinds of additives that are used to thicken meals - making liquids simpler to swallow. Four Stars very useful. I purchased many books, but this is the best one. Great Book Great book will help me a lot cooking for my mom Five Stars Lots of good recipes to greatly help my mom. This is not just for extreme eating problems, and is really useful for family, caregivers or spouses who want to offer safe and interesting foods to people with eating challenges. When my hubby was diagnosed with dysphagia my meagre kitchen abilities were totally inadequate to the task. Extremely ideal for a pureed diet. I simply purchased it yesterday and have currently recommended this reserve to several patients. I turn to it over and over. Some imagination was involved with translating the American elements into the nearest equivalent on Australian shelves, however, not an impossible task. If you are not a medical expert it will educate you in the most useful ways. This is both a cookbook and helpful information and the foods audio delicious.org that i volunteer for. Abruptly we found my husband to be among the nutritionally needy fed by MANNAPA. Recommend. Well worth the money.



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