

Avoiding high risk foods



Information for patients Sheffield Teaching Hospitals

Some foods are identified as **high risk** because they have very difficult textures to chew and swallow. Those on a 'Regular - Easy to Chew' diet may need to avoid or be cautious with these textures.

The foods shown below are examples only as not all foods can be listed.

- **Stringy, fibrous textures:** e.g. pineapple, runner beans, celery, lettuce, chewy or dry meat.
- **Vegetable and fruit skins, including beans:** e.g. broad beans, baked beans, soya beans, kidney beans, peas, grapes.
- **Mixed consistency foods:** e.g. cereals which do not blend with milk (like muesli), mince with thin gravy, soup with lumps.
- **Crunchy foods:** e.g. toast, flaky pastry, dry biscuits, crisps.
- **Crumbly items:** e.g. bread crusts, pie crusts, crumble, dry biscuits.
- **Hard foods:** e.g. boiled and chewy sweets and toffees, nuts and seeds.
- **Husks:** e.g. sweetcorn and granary bread.

Further information

For more information and videos of testing methods, visit the IDDSI website: <https://iddsi.org>

Note: The information in this leaflet is based on local, professional best practice.

Contact details

If you, your family or carer are unsure about this advice or have any questions, please contact us on the number below.

Northern General Hospital	0114 271 5068
Royal Hallamshire Hospital	0114 271 2533
Stroke Unit, Royal Hallamshire Hospital	0114 271 3822
Adult Community Team	0114 305 2565
Stroke Pathway Assessment and Rehabilitation Centre (SPARC)	0114 226 1766
Community Stroke Service	0114 307 8320
Assessment and Rehabilitation Centre	0114 271 6576



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