

# difficulty swallowing

## Multiple Sclerosis

Nutrition is a key component to overall health, but swallowing challenges can make it difficult to nourish your body. Below are suggestions for easy to swallow foods and drinks to help you stay nourished. Always consult with your health care provider about any new changes you notice in swallowing. Some people may need to work with a speech pathologist and registered dietitian for specific swallowing and dietary requirements.

Proteins
Scrambled Eggs
Pureed, Cooked Meats
Cooked, Mashed Beans or Lentils

Dairy
Cottage Cheese
Ice Cream
Milkshakes
Yogurt: smooth, without fruit chunks

Desserts & Snacks	
Flan	Sherbet
Fruit: pureed or baby food	Smoothies
Gelatin	Soft Fruits: bananas, applesauce
Puddings	Sorbet

Meals & Meal Replacements
Baby Food
Casseroles
Chicken Salad
Clear Nutritional Supplements: Resource Breeze®, Ensure Clear®
Egg Salad
Ensure®
Instant Breakfast Drinks: Carnation Instant Breakfast®
Macaroni and Cheese
Soups
Stews
Tuna Salad

Grains & Starches
Cooked Cereals: Cream of Wheat®, instant oatmeal, grits
Mashed Potatoes