

## nourishment notes

### Cancer – Trouble Swallowing

#### Nourishment Notes



#### **Canned Peaches**

Canned peaches are a soft, tender fruit that are generally well tolerated in those with swallowing difficulties.



#### **Pureed Chicken**

Pureed chicken is easier for those with swallowing challenges to still get the nutrition their bodies need. Chicken is a lean protein source and for many undergoing cancer treatment, protein needs may be elevated.



#### **Kefir**

Kefir is a fermented milk drink that may be easy to swallow. It's also rich in probiotics that can be beneficial to supporting a health immune system.



#### **Lentils**

Lentils have a very soft texture, which may be easier to swallow. They are also full of fiber, as well as vitamins and minerals, like potassium, folate and iron.



#### **Pureed Turkey**

Pureeing the turkey to a smooth consistency can make swallowing easier. Lean ground turkey meat is easier to digest than full fat varieties and contains important B vitamins to help keep energy levels high and protein to help maintain muscle mass.



#### **Quinoa**

Quinoa is a gluten-free grain that is soft in texture, which may be easier to swallow. It also has a high amount of protein and fiber and contains antioxidants to help protect healthy cells from damage.

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#### **Rice Pudding**

Moist, soft foods, like rice pudding, are often easier to chew and swallow, making them a good choice when dealing with mouth sores or swallowing problems.



#### **Ricotta Cheese**

Not only is ricotta cheese easy to swallow, a ½ cup serving contains 14g of protein and more than 50%DV (% Daily Value) for calcium.



#### **Smoothies**

Smoothies are a great option for those with swallowing difficulties. They are cool, refreshing and the thickness can be adjusted by adding more liquids or frozen ingredients. They are also great for adding nutritional boosters, like protein powder.



#### **Soups**

Soups are an excellent choice for those with swallowing issues, as they can be thickened or thinned based on individual needs.



#### **Sweet Potato**

Sweet potatoes are packed with nutrients including fiber, vitamins, minerals and antioxidants. This makes them a great choice for a pureed food.



#### **Yogurt**

The texture of yogurt makes it a good choice for those who have difficulty swallowing or pain while swallowing.