



## Easy to Chew Foods

(for people with chewing difficulties)

- \* Soft moist foods such as mashed potatoes, hummus, yogurt, cream of wheat,...
- \* Soften bread products and crackers into soup, milk, or tea
- \* Use milk, cream, or broth to mash vegetables (zucchini, potatoes, carrots,...)
- \* Blend milkshakes & smoothies; banana, melon, frozen fruit
- \* Cheese

## Munchy Munchy Foods

- \* Potato Chips
- \* Apples
- \* Popcorn
- \* Crackers
- \* Veggies such as carrots, celery, snap peas....