

101 – 1555 St James Street  
Winnipeg, MB R3H 1B6  
www.ctsinc.mb.ca  
Fax: 204-942-1428  
Phone: 204-949-0533



101 – 1555 rue St. James  
Winnipeg, MB R3H 1B5  
www.ctsinc.mb.ca  
Facsimile: 204-942-1428  
Téléphone: 204-949-0533

## Feeding and Swallowing Recommendations

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist: \_\_\_\_\_ Phone: \_\_\_\_\_

### Meal Prep:

Diet Texture: \_\_\_\_\_

\_\_\_\_\_

Liquid Thickness: \_\_\_\_\_

\_\_\_\_\_

Medications: \_\_\_\_\_

\_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

### General Eating/Feeding Guidelines\*:

- Be alert while eating
- Keep environment quiet and free of distractions (e.g. no TV)
- Sit upright at 90 degrees
- Take small sips and small bites of food
- Eat slowly and take a break whenever needed
- Chew food thoroughly
- Do not talk with food or liquid in mouth
- Do oral hygiene (brush teeth/dentures, rinse with water/mouthwash) after every meal
- Remain upright for 30 minutes after eating
- Other: \_\_\_\_\_

\_\_\_\_\_