



MELTABLE SOLIDS FOR PEOPLE WITH DYSPHAGIA



FOR PEOPLE WHO HAVE THE ABILITY TO CHEW, BUT HAVE DIFFICULTY SWALLOWING MORE ADVANCED TEXTURES, MELTABLE SOLIDS OFFER AN ENJOYABLE AND TASTEFUL SUPPLEMENT TO PUREED FOODS.

WHAT IS DYSPHAGIA?

Swallowing disorders, also called dysphagia (dis-FAY-juh), can occur at different stages of the swallow:

Oral phase: Sucking, chewing, and moving food or liquid into the throat.

Pharyngeal phase: Swallow reflex, squeezing food down the throat, and closing off the airway to prevent food or liquid from entering the airway (aspiration) or to prevent choking.

Esophageal phase: Relaxing and tightening the openings at the top and bottom of the esophagus and squeezing food into the stomach.

ASPIRATION PNEUMONIA is a lung infection that develops after food, liquid, reflux or vomit is aspirated (inhaled) into the lungs. Aspiration Pneumonia can lead to significant medical complications, including respiratory failure and death.

THE RISK OF ASPIRATION CAN BE MINIMIZED WITH SAFE FOOD TEXTURES, including meltable solids, which are foods that melt in the mouth and pose little risk of forming a solid mass of food that may get lodged in the throat.

A MELTABLE SOLID is anything that dissolves in contact with saliva and leaves no chunks or edges. Examples include:

- Gerber cereal puffs
- Hippeas
- Vegan Robb's Beet Puffs
- I Heart Keenwah
- Annie's White Cheddar Bunny Tail Puffs
- Earth Balance Gluten Free Vegan Aged White Cheddar Puffs
- Cheetos Simply White Cheddar Puffs
- Trader Joe's Sour Cream and Onion Puffs
- Trader Joe's Butter Waffle Cookies
- Veggie Straws
- Pea crisps
- Pepperidge Farm Bordeaux cookies
- Funyuns
- Meringue cookies
- Mini Bueno Bar chocolates

NOTE: Please refer to the SLP in your facility regarding specific products as each person with dysphagia will tolerate different textures at different levels.