

Download Smooth Tasty Easy Swallow Foods

The recipes on this page have been developed, or options given, for those who are having trouble chewing and swallowing. Many recipes that you already may be familiar with can be adapted for easier handling in the mouth just by chopping foods very finely, using moist heat, and/or using a hand/stick blender to smooth the texture of some of the ...Our Recipes. Carefully crafted by chefs, nutritionists, and cancer patients, these unique recipes offer functional nutrition and great taste for those undergoing cancer treatments. Burritos Burritos, as we Americans know them today, pair ancient culinary traditions with contemporary expectations. What makes burritos different from most other Mexican-American foods is the metamorphosis of this dish. The soft food diet is one that includes foods that are easy to chew and swallow and excludes foods with a hard texture. With careful planning, it is still possible to eat a tasty, balanced diet ..., Smooth Tasty Easy Swallow Foods.

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