

High risk foods to avoid

Stringy fibrous textures

Pineapple, runner beans, celery, lettuce

Vegetable and fruit skins including beans

Broad, baked, peas, grapes, dried fruit

Mixed consistency foods

Cereals which do not blend with milk e.g. muesli, mince with thin gravy, soup with lumps.

Crunchy foods

Toast, flaky pastry, dry biscuits, crisps

Crumbly items

Bread crusts, pie crusts, crumble, dry biscuits, rice

Hard foods

Boiled and chewy sweets and toffees, nuts/seeds

Husks

Sweetcorn and granary bread

Chewy foods

Chewy meats, chewy sweets

Other foods that should be avoided

Salad, fish with bones, potato skins

