

EXAMPLES OF FOODS TO AVOID:

- HARD FOODS:** Popcorn, Nuts, Pretzels, Ice & Hard Candy (Ex: Jolly Ranchers, Suckers, Mints, Life Savers), Jerky.
- STICKY FOODS:** Taffy, Caramels, Skittles, Starburst, Fruit Rollups, any type of Gum or Chewy Candy. This includes GUMMY VITAMINS!
- SUGARY FOODS:** Reduce frequent intake of foods or drinks high in sugar. This includes pop, juice, sports or energy drinks, flavored or vitamin waters.
- CUT UP INTO BITE SIZE PIECES:** Apples, Carrots, Celery, Pizza Crust, Hard Bread Crusts, Potato Chips, Taco Chips and Taco Shells. Remove Corn from the cob.



EXAMPLES OF FOODS TO ENJOY:

- DAIRY:** Pudding, Soft Cheese, Ice Cream, Peanut Butter Cups (Unless Food Allergies)
- BREADS:** Sliced Lunch Bread, Soft Tortillas, Muffins w/o Nuts, Biscuits.
- MEATS/POULTRY:** Soft-Cooked Chicken, Meatballs, Lunch Meats.
- FRUITS:** Applesauce, Bananas, Fruit Juice, Strawberries, Grapes.
- OTHER:** Eggs, Hotdogs, Hamburgers, Chili, Beans, O-Ke-Doke Popcorn.

